

Banana French toast

Preparation time: 15 minutes

Cooking time: 10 minutes

Yield: 6 to 8 servings

- 4 large eggs
- 1½ cups milk
- 1 large banana, quartered
- 2-3 tablespoons sugar or 1 table-
spoon honey
- ½ teaspoon each: vanilla extract,
ground cinnamon
- 6-8 slices bread
- Strawberry syrup (recipe fol-
lows) or maple syrup for serv-
ing

1. Put eggs, milk, banana, sugar or honey, vanilla and cinnamon in a blender or food processor; process until smooth. Transfer to a shallow dish. Add bread slices in single layer; turn to coat both sides. Let soak until bread has absorbed the liquid.

2. Heat an oiled or well-seasoned griddle over medium-high heat until griddle is hot but not smoking. Add bread slices in single layer. Cook, turning, until golden brown on both sides, about 5 minutes. Repeat with remaining bread slices. Serve with maple or strawberry syrup.