

# Banana bread French toast

**Preparation time:** 20 minutes

**Cooking time:** 10 minutes

**Yield:** 5 servings

## **For French toast:**

- 1 uncut loaf banana bread (8-by-4-inch)**
- 1 cup skim or whole milk or half-and-half, or any combination**
- 4 eggs**
- 1/2 teaspoon vanilla**
- 1/4 teaspoon each: salt, ground cinnamon**
- 1/8 teaspoon freshly ground nutmeg**
- 1 tablespoon each: vegetable oil, butter**

## **For serving:**

- 2 large ripe bananas, thinly sliced**
- Confectioners' sugar**
- 1/2 cup each: creme fraiche or light sour cream; orange marmalade**

1. Heat oven to 200 degrees. Cut ends off bread. Cut bread into 3/4-inch-thick slices; cut each slice in half on the diagonal to make triangular pieces. Set aside. Mix milk, eggs, vanilla, salt, cinnamon and nutmeg in a shallow dish or pie plate; set aside.

2. Heat a large non-stick griddle or skillet over medium heat until hot. Add 1/2 tablespoon oil and butter to the griddle. Gently and quickly dip a couple of slices of the bread into the egg mixture to thoroughly soak both sides with the mixture; carefully transfer each bread slice to the hot pan. Cook until nicely golden, about 2 to 3 minutes. Turn each slice; cook second side until golden brown, about 1 to 2 minutes more. Transfer to an ovenproof platter; keep warm in the oven cooking remaining bread using the remaining oil and butter as needed.

3. For each serving, stack 2 or 3 of the triangles in the middle of the plate. Top with sliced bananas. Sprinkle with confectioners' sugar. Put a dollop of the cream in the center; add a spoonful of orange marmalade next to the cream.

## **Nutrition information per serving:**

734 calories, 30% of calories from fat, 25 g fat, 7 g saturated fat, 219 mg cholesterol, 117 g carbohydrates, 13 g protein, 676 mg sodium, 3 g fiber