



## Banana Bread French Toast

### INGREDIENTS:

#### **Banana Bread:**

1 ½ cup Flour  
1 ½ cup Ground flax seed  
¾ cup Sugar  
1 teaspoon Baking powder  
½ teaspoon Baking soda  
½ teaspoon Salt  
½ cup Egg Substitute  
¼ cup Apple butter  
2 Tablespoons Vegetable Oil  
1 cup Mashed banana

#### **French Toast Batter:**

2 cups Egg substitute/ egg beaters  
1 cup Skim milk  
1 Tablespoon Cinnamon  
2 teaspoons Vanilla Extract

### PREPERATION:

#### **Banana Bread:**

- Preheat oven to 350°.
- Spray one loaf pan with oil.
- Mix *dry* ingredients in one bowl and *wet* ingredients in another bowl.
- Make a well in the dry ingredients and pour the wet ingredients in.
- Mix lightly until just combined.
- Bake 1 hour in a loaf pan.

#### **French Toast:**

- Make batter and reserve in one bowl.
- Lightly spray sauté pan with cooking spray.
- Dip bread in batter.
- Place coated bread in sauté pan. Sear on each side until toasted.
- Sprinkle with powdered sugar and garnish with fruit.





***Chef's Note:*** *These French toast slices freeze very well, and can be reheated in a toaster oven or even a toaster at frozen state. Make a whole batch and freeze the rest, it becomes a healthier convenience later.*

**Number of servings: 8**

**Serving Size: 1 slice**

**Calories: 140**

**Fat Grams: 1**

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