



Peanut Butter and Banana French Toast

A soon-to-be family favorite!

<u>U.S.</u>		<u>Metric</u>
2 1/2 cups	Peanut Butter, natural, no sugar added	405 g
1/4 cup + 1 Tbsp	Honey	105 g
10 slices	Whole Wheat Bread	10 slices
5 small	Bananas, sliced	5 small
5 large	Eggs	5 large
1 1/4 cups	Milk, low-fat	295 mL
2 Tbsp	Vanilla Extract	30 mL
1 Tbsp	Cinnamon, ground	7 g

Preparation:

1. Gather all ingredients and equipment.
2. Dry bread out overnight, or in a 300° oven, until there is little moisture left.
3. In small bowl, stir together the peanut butter and honey.
4. Spread peanut butter on one slice of bread. Slice banana and layer evenly on another piece of bread. Create sandwich with the two pieces of bread. Continue to do so until five sandwiches have been made.
5. In medium bowl, whisk together the egg, milk, vanilla, and cinnamon.
6. Spray a medium skillet with nonstick spray and to medium-high heat.
7. Dip both sides of the sandwich in the egg mixture and lay in pan until medium brown, then flip.
8. Once both sides are browned, plate the French toast and serve.

Nutrition Facts

Serving size	1 "sandwich"
Servings	5
Calories	630
Calories from Fat	220
Total Fat	24 g
Saturated Fat	5 g
Trans Fat	0 g
Monounsaturated Fat	9 g
Cholesterol	140 mg
Sodium	440 mg
Carbohydrates	84 g
Dietary Fiber	11 g
Sugars	39 g
Protein	24 g
Vitamin A	6 %
Calcium	4 %
Vitamin C	15 %

Iron	10 %
Phosphorus	272 mg
