

Banana Bread French Toast

Time: 20 minutes | Servings: 3

INGREDIENTS

6 thick slices of banana bread
2 eggs
 $\frac{3}{4}$ cup milk
 $\frac{1}{4}$ tsp ground cinnamon (optional)
 $\frac{1}{4}$ tsp ground nutmeg (optional)
1 tsp vanilla extract (optional)
Salt, to taste

METHOD

1. Slice your cooled banana bread into 1 inch thick slices.
2. In a shallow dish, beat together egg, milk, salt, spices and vanilla.
3. Heat a lightly oiled non-stick frying pan over medium-high heat.
4. Dunk each slice of bread in egg mixture, soaking both sides for 2-3 minutes.
5. Place slices in your hot pan, and cook on both sides until golden.
6. Serve hot, with banana slices and maple syrup if desired.

