

BANANAS FOSTER FRENCH TOAST

Bananas Foster French Toast

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 2 slices)

Nutrition (per serving)

Calories: 405	Total Carbohydrate: 53
Total Fat: 17 g	Dietary Fiber: 8 g
Saturated Fat: 3 g	Total Sugars: 22 g
Sodium: 248 mg	Protein: 12 g

Ingredients

Banana Topping

- 2 Tablespoons tub margarine
- 2 Tablespoons Splenda® Brown Sugar Blend
- ½ teaspoon ground cinnamon
- 1/8 teaspoon rum extract

French Toast

- 2 egg whites
- 1 egg
- ½ cup skim milk
- ½ teaspoon ground cinnamon
- ½ cup (2 oz) pecan halves
- 3 bananas, peeled, halved and sliced lengthwise
- 1/8 teaspoon rum extract
- 8 slices whole wheat bread (use gluten free bread for GF version)
- Cooking Spray

Directions

1. In a medium skillet over medium heat, melt margarine. Mix in brown sugar, cinnamon, and rum extract. Add pecans and bananas and cook for 5-7 minutes, flipping bananas half way through. Set aside.
2. Whisk egg whites, egg, milk, cinnamon and rum extract in shallow dish. Dip bread slices in mixture, coating both sides. Place on griddle or skillet sprayed with cooking spray over medium-high heat. Cook for 3-4 minutes on each side or until golden brown.
3. Top French toast with banana mixture.