



by Haylee Jane Monteiro

Ultimate Breakfast Goals: Banana French

 3 Pieces

 20 Minutes

Recipe details



Yield

3 Pieces



Time spent

Prep time: 2 Minutes | Cook time: 18 Minutes | Total time: 20 Minutes

Ingredients

- 3 slices Sprouted Seed or Whole Wheat Bread
- 1 small Banana (90g)
- 1 Egg
- ¼ cup Almond Milk, or other
- ½ tsp Vanilla Extract
- ½ tsp Cinnamon
- 1½ tsp Butter, Divided (For cooking)

Instructions

- 1 In a shallow bowl or dish, mash banana with a fork.
- 2 Add remaining ingredients and whisk until smooth.
- 3 Heat a large non-stick skillet over medium-low.
- 4 Dredge both sides of bread in banana-egg mixture and let soak for about 15-30 seconds.
- 5 Melt butter on skillet ($\frac{1}{2}$ tsp per slice) and place bread on pan. Cook for 2-3 minutes on each side.
- 6 Repeat with remaining bread if using small skillet.
- 7 Serve with chocolate chips, toasted pecans, sliced bananas and maple syrup!