

# 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 Fat: 17 g

Saturated Fat: 3 g

Sodium: 248 mg

Total Carbohydrate: 53 g

Dietary Fiber: 8 g

Total Sugars: 22 g

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



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## 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.