



# Banana French Toast

## Ingredients

- **1 cup** liquid egg whites
- **6 slices** whole grain or sprouted bread
- **¾ cup** almond milk
- **2 tsp** vanilla extract
- **1 tsp** ground cinnamon
- **1 banana**, sliced into coins


## Directions:

1. In a bowl, whisk together egg whites, milk, vanilla, and cinnamon until fully combined
2. Heat a large skillet over medium heat; Spray with cooking spray
3. Place one slice of bread into the wet mixture; Soak for about 10 seconds; Flip and soak for an additional 10 seconds
4. Transfer slice of bread to skillet and cook until golden brown, about 2 minutes on each side
5. Transfer to a plate and repeat process with remaining slices of bread; Serve with sliced bananas

## Equipment

Bowl  
Skillet

Cost: 

Ease: 

**Health Benefit:** Egg whites contain lean protein and are low in calorie. Whole grain bread is a great source of energy. Bananas contain fiber for gut health.