



early childhood community development centre

Cinnamon Banana French Toast

Makes 4 child servings

Ingredients

- 3 eggs
- $\frac{3}{4}$ cup of milk
- 1.5 tsp of ground cinnamon
- $\frac{1}{2}$ tsp ground nutmeg
- 4 slices of whole wheat bread
- 2 ripe mashed bananas
- 1/2 tbsp vegetable oil
- 3 tbsp icing sugar (optional)

Directions

1. Whisk together the eggs, milk and spices in a small bowl.
2. Mash the banana and set aside.
3. Over medium high heat pour the oil into a non stick frying pan.
4. Generously dip both sides of each slice of bread into the egg mixture.
5. Fry, flipping once until both sides are golden brown. Spread $\frac{1}{2}$ of the mashed banana on 2 of the slices and then place the 2 remaining slices on top. Fry 1 more minute per side.
6. Remove the "sandwiches" from the pan and cut diagonally. Dust with icing sugar.

Source: Melissa Aubertin-Coutu, Sukha Yoga and Nutrition Centre, St Catharines

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