



# Breakfast

# LIVE WELL ALABAMA

## #EatBetter

**extension**

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## Healthier French Toast

### Helpful Hints

Top off this French toast with fresh fruit in place of syrup.

Kids love to play chef! Let them help with this recipe by having them mash the bananas!

# Healthier French Toast

Serves 3

## Ingredients

1 large or two small ripe  
bananas  
 $\frac{3}{4}$  cup low-fat milk  
1 teaspoon vanilla extract  
 $\frac{1}{2}$  teaspoon cinnamon  
Cooking spray  
6 slices whole wheat bread

## Directions

1. With fork, mash bananas together with milk, vanilla, and cinnamon.
2. Spray skillet with cooking spray and turn on medium heat.
3. Dip one slice of bread at a time in banana mixture. Let excess mixture drip off, and place bread in skillet.
4. Cook until golden brown, and then gently flip to the other side.

Optional: Top with extra cinnamon.