



No Eggs French Toast

NIBBLEDISH CONTRIBUTOR

Ingredients

1 banana
1/2 cup milk (whole, skim, soy or rise)
1/2 tsp cinnamon
5-6 slices of white bread (the bread in the picture is my homemade gluten-free white bread)
cooking spray

Instructions

Preheat oven to 200°C. Spray a square baking pan with a cooking spray.
Pour the banana in the blender, add the milk and the cinnamon and blend to reduce the banana in pure. Pour this mixture into a dish. Dip the bread slices into the banana-milk mixture and arrange on the bottom of the baking pan. Spray the bread slices lightly with the cooking spray and pour in the preheated oven. Bake about 20-25 minutes.
Remove from the oven, divide into a serving dishes and serve topped with some melted chocolate, sliced banana and chopped pistachios. Enjoy!
This is low-fat, low-cholesterol French toast recipe.
Can be vegan too if you use a light soy or rise milk.