



# 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.

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