



Grilled Banana French Toast

Ingredients:

4 slices of Ezekiel bread
2 whole eggs and 2 egg whites
1/4 cup skim milk
1/2 tsp vanilla extract
2 medium bananas, halved and sliced lengthwise
Cinnamon to taste

Directions:

1. Whisk eggs, egg whites, skim milk, cinnamon, and vanilla.
2. Submerge both bread slices in egg mixture; place on the grill.
3. Cook for 3-5 minutes, flip, and cook other side until desired crispiness is reached.
4. Place sliced bananas on the grill. Cook for 1-2 minutes per side.
5. Top French toast with banana slices. If you'd like additional toppings, try natural peanut butter and/or sugar-free maple syrup.

Nutrition Facts per serving:

Recipe serves 4
Calories 175
Fat 2.6 g
Carbs 29.6 g
Protein 9.4 g