



Recipe Tip:
Use plain bread instead
& serve as either sweet
or savoury.



Super Fruity French Toast

Serves 8



Ingredients:

- 8 slices fruit bread
- 4 eggs
- 1 cup low fat milk
- 1 tablespoon vanilla essence
- Spray oil
- 2 tablespoons icing sugar
- 1 tablespoon cinnamon
- 4 bananas

Equipment:

- Electric or large frypan, large bowl, small bowl, measuring cups, tablespoon, knife, chopping board, spatula, whisk or fork, small sieve



1 Crack eggs into bowl and whisk in milk and vanilla.



2 Turn frypan to medium heat, spray with oil. Dip one piece of fruit bread into egg mix turning over to cover each side.



3 Place bread into frypan and cook on each side until golden brown. Repeat with remaining pieces of bread.



4 Cut bananas into thin slices and place onto cooked toast.



5 Mix icing sugar and cinnamon together in small bowl. Place mixture into small sieve and sprinkle over toast.