

BANANA  
BATTER  
FRENCH  
TOAST

- 1 ripe banana, *well mashed*  
1 egg  
1 egg white  
1/4 cup low-fat milk  
1/2 tsp. vanilla  
2 tsp. vegetable oil  
4 slices wholegrain bread

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In a shallow dish beat together the banana, egg, egg white, milk and vanilla. Warm the oil in a large non-stick skillet over medium-high heat. Dip each piece of bread into the batter, turning them to coat both sides. Fry the French toast until brown on both sides. Serve with low-fat yogurt and fresh fruit. Serves 4.

#### NUTRITIONAL INFORMATION PER SERVING:

Calories	155	Total Fat	5g
Carbohydrates	21g	Saturated Fat	1g
Protein	6g	Sodium	185mg
Cholesterol	70mg	Dietary Fiber	2g