



Banana Bread French Toast with Caramel Fried apples

By Chef Dave Bland

Serves 12

Ingredients:

- 3 large eggs
- 1/2 cup half & half
- 1/2 tsp cinnamon
- 2 T salted butter
- 1 – 1 lb loaf banana bread, cut in half-inch slices
- 1/2 cup whipped cream

Banana Bread:

- 1 cup sugar (or less if you can't see your toes)
- 1/2 cup shortening or vegetable oil
- 2 large eggs
- 4-5 mashed bananas (use ripe ones)
- 2 cups all purpose flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp vanilla

Directions: In a bowl, whisk the eggs and add the half & half and cinnamon; mix well. In an iron skillet melt the butter on medium heat. Next dip the banana bread into the egg mixture then place in the skillet cooking on both sides until lightly brown. Place banana bread on a plate and spoon the fried apples on top. Garnish with fresh whipped cream.

Directions for Banana Bread: Pre heat oven to 350 F. Grease loaf pan. Mix the sugar, shortening (or oil), and eggs until the sugar melts. Then add the mashed bananas and mix some more. Now add all the remaining ingredients - flour, salt, vanilla, and baking powder and mix again. Bake for 1 hour.



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Amount Per Serving	
Calories	269.4
Total Fat	10.3 g
Saturated Fat	1.0 g
Polyunsaturated Fat	2.9 g
Monounsaturated Fat	5.7 g
Cholesterol	35.4 mg
Sodium	245.7 mg
Potassium	188.6 mg
Total Carbohydrate	42.0 g
Dietary Fiber	1.5 g
Sugars	21.6 g
Protein	3.6 g