

Banana Bread French Toast Bake

Recipe Type: Breakfast, Diabetic, Vegetarian

Degree of Difficulty: Moderately difficult

Ingredients

1 cup wheat flour
1 cups unbleached white flour
2 tsp baking powder
½ tsp baking soda
1 tsp cinnamon
½ tsp nutmeg
2 eggs, beaten
½ cup unsweetened applesauce
1 Tbs canola oil
¼ cup honey
2 ripe bananas, mashed
2 tsp vanilla
4 egg substitutes
½ cup evaporated skim milk
2 tsp cinnamon
2 tsp butter



Directions

- 1 Preheat the oven to 350 degrees.
- 2 In a medium bowl, combine flour, baking soda, baking powder, cinnamon and nutmeg.
- 3 In a large bowl, add eggs, applesauce and oil and beat together until well blended.
- 4 Slowly blend in the flour to the egg mixture. Mix together well but do not over beat the mixture.
- 5 Add honey, bananas and vanilla to the mixture.
- 6 Pour into a loaf pan. If you do not have a non-stick pan, lightly grease and flour the bottom of the pan.
- 7 Bake for approximately 40 minutes or until a toothpick, inserted in the middle, comes out clean.
- 8 Let the bread cool for about 10 minutes then remove from the pan. Let the bread cool completely.
- 9 Cut into 12 slices. Let the bread dry out overnight.
- 10 The next day, beat together the egg substitute, milk and cinnamon.
- 11 Dip each slice into the egg substitute mixture and place into a baking dish.
- 12 Pour any remaining egg mixture over the sliced bread.
- 13 Refrigerate for several hours.
- 14 Dot bread with butter and bake at 350 degrees until slices are golden brown (approximately 15 minutes).
Serve warm.

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 55 minutes

Nutrition Facts

Nutrition (per serving): 176 calories, 4.1g total fat, 1g saturated fat, 33.3mg cholesterol, 179mg sodium, 29.8g carbohydrates, 1.6g fiber, 10.9g sugar, 5.4g protein.

Servings: 12

Yield: 12 slices

Weight Watchers Points

Note: The eggs, egg substitute, unsweetened applesauce and bananas were not used to calculate the FreeStyle SmartPoints. All other points values do not include the applesauce or bananas.

Orig. WW Pts: 3

Points Plus: 5

Smart Points: 5

FreeStyle Smart Points: 5

Tips

You can sprinkle with powdered sugar or butter and use syrup. Try sugar free syrup to keep this healthier.