



PB&B French Toast



Makes 4 servings

Ingredients

- 2 large eggs, whites only
- 1 whole egg
- 1/3 cup fat-free milk
- 1 teaspoon vanilla extract
- 1 tablespoon ground cinnamon
- 6 slices whole-grain bread
- 4 tablespoons creamy peanut butter
- 2 medium bananas, peeled and sliced
- 2 teaspoons canola oil

Directions

- In a small bowl, beat together egg whites and whole egg. Add milk, vanilla and cinnamon. Mix well. Set aside.
- Lay 3 slices of bread on a flat surface. Spread a layer of peanut butter on top of each slice. Then, layer banana slices over the peanut butter. Place a slice of bread on top of each.
- In a large skillet, heat oil over medium-high heat. Dip 1 of the sandwiches in the egg mixture until both sides are coated well. Then, place in skillet and cook until bottom is lightly browned (about 3 minutes). Flip and continue cooking for 2 more minutes or until both sides are lightly browned. Repeat with remaining sandwiches.
- Cut each sandwich into 4 triangles. Serving is 3 pieces. Serve warm.



KID-FRIENDLY



TIP

Try substituting almond butter for the peanut butter if you prefer the taste or have an allergy to peanuts.*

*Option not included in nutrition facts.

 = low sodium

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Nutrition Facts

Serving Size 3 triangel (169g)
Servings Per Container 4

Amount Per Serving

Calories 310 **Calories from Fat 120**

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 290mg **12%**

Total Carbohydrate 37g **12%**

Dietary Fiber 6g **24%**

Sugars 13g

Protein 14g

Vitamin A 2% **Vitamin C 8%**

Calcium 10% **Iron 10%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 350g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk, eggs, nuts
Carb choices per serving: 2