



Banana Stuffed French Toast

Ingredients Needed for Banana Stuffed French Toast

- 8 Slices Aunt Millie's Live Carb Smart® Cinnamon Swirl Bread
- ½ cup whipped cream cheese
- 1 tablespoon sugar or 1/2 teaspoon sugar-substitute
- 2 large bananas, peeled and sliced thinly
- 2 tablespoons unsalted butter
- 3 eggs
- ¼ cup milk
- 1 teaspoon vanilla extract
- Maple syrup for serving



Directions | Yield: 4 servings of Banana Stuffed French Toast

1. Preheat griddle over medium heat.
2. Lay all the bread slices out on a work surface.
3. Mix together the cream cheese and sugar.
4. Spread each slice of bread with ½ teaspoon of cream cheese.
5. Top with banana slices and close sandwich.
6. Add butter to the griddle.
7. In a large shallow bowl, beat eggs, milk and vanilla extract with a fork.
8. Dip each sandwich into the egg mixture.
9. Carefully turn and coat the other side of the sandwich.
10. Lay sandwiches on the griddle and cook, turning after browned, about 5 minutes per side.
11. Serve hot with warm maple syrup and enjoy your Banana Stuffed French Toast!

