

Banana French Toast Bread

PREP TIME: 10 MINUTES

YIELDS: 1 MINI LOAF

COOK TIME: 30-35 MINUTES

Ingredients

- 1 ripe banana
- 2 raw eggs
- 1 tablespoons butter, melted
- 2 teaspoons honey
- ¼ cup almond flour

Qualities

- Texture: Soft
- Rating for Scent : 6/10
- Spice Level: 0/10

Recipe Benefits

- Anti-Nausea
- Gluten Free



Nutrition Content (1/2 loaf)

Calories: 283kcal	Carbohydrates: 22.2g
Fat: 18.3g	Protein: 10.5g
Fiber: 2.3g	Added sugar: 5.8g
Sodium: 63.1mg	

Directions

1. In a mixing bowl, combine all ingredients together,
2. Stir until combined and lumps of banana are smoothed out.
3. Preheat the oven to 350°F.
4. Grease a loaf pan with butter or nonstick cooking spray.
5. Pour mixture into greased loaf pan spreading evenly.
6. Bake in preheated oven for 30–35 minutes until firm and golden brown.
7. Allow to cool for a few minutes before removing from pan.
8. Cut into slices and serve warm.



Chef Tips/Adjustments

- This recipe is a very moist, soft loaf, which resembles the eggy-ness of French toast.
- This recipe can be frozen in a storage bag or sealed container for up to 2 months. To avoid having to defrost the entire loaf, pre-slicing the loaf can be helpful for portioning.
- Chocolate chips or chopped walnuts can be added for additional flavor and texture.
- Dry seasonings can be added, such as cinnamon, pumpkin pie spice, or ginger.
- Sweetness level can be adjusted as desired.
- Blanched finely ground almond flour is recommended.