

Nut Butter Banana French Toast

Prep

10 mins

Cook

10 mins

Portion

Serves 1

Have a sweet tooth or nuts about nut butter? This recipe might just satisfy your sweet cravings while powering up your morning. Enjoy with a glass of milk for a protein and calcium boost.

Is Peanut Butter good or bad for you? Click [here](#) to find out!

Ingredients

2 slices of wholemeal bread
1 banana, sliced
2 tbsp of 100% nut butter of choice
1 egg
Splash of milk
Sprinkle of cinnamon, optional
Pinch of salt
1 tbsp of butter for pan frying

Instructions

1. In a small bowl, mix the egg, milk, cinnamon (if using) and salt.
2. Spread nut butter on bread and top with banana slices.
3. Sandwich with the other slice of bread. Press down firmly on sandwich.
4. Melt the butter over medium heat in a frying pan.
5. Dip the sandwich into the egg mixture and place it in the hot pan.
6. Cook until brown on both sides. Enjoy when hot!