



CINNAMON FRENCH TOAST WITH BANANA



INGREDIENTS

2 medium **eggs**

60ml (6 dessertspoons) **milk**

$\frac{1}{2}$ teaspoon ground cinnamon

4 slices bread (white, brown or best of both)

2 teaspoons vegetable oil

For serving:

2 fairtrade bananas - peeled and sliced

50ml low fat thick Greek yogurt

$\frac{1}{2}$ teaspoon icing sugar

$\frac{1}{4}$ teaspoon ground cinnamon

EQUIPMENT

mixing bowl, fork, dessertspoon, teaspoon,
non-stick frying pan, chopping board,
table knife, small bowl, sieve

SERVES: 2

PREP TIME: 10 minutes

COOK TIME: 10-15 minutes

ALLERGENS: egg, milk,
cereals containing gluten

METHOD

- 1** Crack* the eggs into a small bowl. Add the milk and cinnamon and the beat together with a Fork until well blended. (*Always wash your hands thoroughly after handling raw eggs.)
- 2** Dip* each slice of bread into the egg mixture and leave for 2 minutes to allow the egg to be soaked up by the bread. (*Always wash your hands thoroughly after handling raw eggs.)
- 3** Heat 1 teaspoon of oil in the frying pan (medium heat). Add 2 slices of the bread to the pan and cook for 1-2 minutes on either side, until the egg is cooked and the bread is golden brown. Set aside and cook the rest of the bread.
- 4** To serve, cut the toast in half and arrange on plate with the sliced banana and a spoonful of yogurt. Finally mix together the icing sugar and cinnamon and sprinkle a little bit over the toast and fruit.