

Banana French Toast



Ingredients

4 eggs
1/2 cup chocolate milk
4 slices of multi grain, or any other sliced bread of your choice
2 bananas, peeled and sliced
4 tablespoons peanut butter (smooth or crunchy—your choice!)
2 tablespoons butter
1/2 cup real maple syrup

Instructions

Beat eggs and chocolate milk in a shallow bowl.

Set out two slices of bread. Spread peanut butter on each slice, then top with bananas and cover with the remaining slices. Soak each sandwich in egg mixture. Press lightly and flip. Repeat until the sandwich is completely soggy. Reserve on a plate.

In a frying pan, over medium to medium-high heat, melt butter. When butter is bubbling, add your sandwiches. Cover pan with lid. Cook until golden brown on both sides and cooked throughout (approximately 4 minutes per side.) The object is to brown the outside nicely and cook the inside thoroughly without drying it out. Make an incision in the middle to test for doneness. If the outside is done but the inside is still runny, reduce heat to medium-low and cover for a couple more minutes.

Serve with maple syrup or honey.

Yield 2 servings

Recipe by Bob Blumer, Kitchen Magician. Used with permission.



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