

Baked French Toast Fritters with Apples and Bananas

From the National Heart, Lung, and Blood Institute

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Ingredients

- 8 slices whole-wheat/ whole-grain bread
- ¼ cup peanut butter (or nut butter of choice)
- 1 apple, rinsed, peeled, cored, and sliced into 8 rings
- 2 bananas, peeled and cut into about 12 thin slices each
- 3 Tbs. egg substitute, or 1 egg white
- ¼ tsp. ground cinnamon
- 1 Tbs. brown sugar
- ¼ cup fat-free evaporated milk
- Nonstick cooking spray

Instructions

1. Preheat oven to 400 degrees. Place large baking sheet in oven to heat (about 10 minutes).
2. Assemble fritter as a sandwich. Use ½ Tbs. nut butter on each slice of bread, with 2 apple slices and 6 banana slices sandwiched between 2 slices.
3. Combine the rest of the ingredients (besides spray) into a batter.
4. Spray preheated baking sheet.
5. Dip both sides of fritter in batter, and place on sheet. Bake for 10 minutes on each side, or until both sides are browned.
6. Serve immediately.

Makes 4 servings

Nutrition information per serving:

Calories	332
Carbohydrate	50 g
Dietary Fiber	7 g
Protein	14 g
Total Fat	10 g
Saturated Fat	2 g
Sodium	374 mg

