

Banana Berry Baked French Toast



Preparation time: 15 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Vegetarian, Kid Friendly



Ingredients

- 8 slices wholemeal bread
- 2 cups of milk
- 6 eggs
- 3 tbsp honey or maple syrup
- 2 tsp vanilla extract
- 1 tsp cinnamon, plus extra for sprinkling
- 2 cups frozen berries
- 1-2 bananas

- Greek yoghurt, to serve
- Honey or maple syrup, to serve
- Butter or olive oil, for greasing the baking dish

Method

1. This recipe is best started the day/night before, to allow for the bread to completely soak up the egg mixture
2. Lightly grease a large baking dish (pictured in a rectangular baking dish measuring approximately 32cm x 22.5cm). Scatter 1 cup of the frozen berries across the base of the dish
3. Slice the bread into triangular quarters and lay them evenly across the dish, overlapping them slightly
4. Slice the bananas into rounds and tuck the banana slices in between the bread. Scatter the remaining cup of berries over the dish
5. Whisk together the eggs, milk, honey/maple syrup, vanilla and 1 teaspoon of cinnamon. Pour the mixture evenly over the baking dish. Very gently, press the bread into the liquid to help it soak in
6. Cover the dish and place in the fridge, and ideally let it sit overnight. (You can speed up the soaking process a little by more aggressively pressing the bread down into the egg mixture. Try to let the mixture soak for 2 hours at least)
7. Preheat the oven to 180 C. When the dish is ready, sprinkle over a little extra cinnamon and bake for approximately 35 minutes, or until the bread on top is starting to brown and crisp up at the edges
8. Serve warm with a dollop of Greek yoghurt and a drizzle of honey/maple syrup, if desired

Recipe by Monique Cormack

Notes

Leftovers can be stored in the fridge for up to three days and can be reheated in the microwave or oven.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
355g	2010kj 480kcal	19.8g	16.9g	7.8g	58.9g	41.5g	357mg	5.2g

All nutrition values are per serve.