



Recipe developed by Chef Paige Vondran

BANANA STUFFED FRENCH TOAST

	Ingredients	Exchanges
Protein	27 gm fresh whole egg, raw	1.8 (-1.8 gm fat)
	10.1 gm NOW Real Foods® almond flour	1.9 (-2.85 gm fat)
Fat	10.4 gm mayonnaise	3 (-4.65 gm)
	5 gm butter, melted	1
	10 gm butter (on top)	2
Carbohydrate	5.5 gm banana, sliced thin	1.3
Other	4 gm erythritol	
	¼ tsp. Walden Farms® Pancake Syrup	

DIRECTIONS

- Preheat the oven to 350° F.
- In a small bowl, combine the melted butter, mayonnaise, erythritol, egg, and pancake syrup.
- Add the almond flour and stir until a smooth mixture forms.
- Spray a square or rectangular shaped silicone mold with nonstick cooking spray.
- Pour the batter into the mold dividing evenly.
- Top the banana slices over the batter.
- Bake for 15-20 minutes until firm and golden in color.
- Serve warm topped with butter.

VARIATIONS

- Other carbohydrates may be used such as peach slices, apple slices, or blueberries.
- Additional Walden Farms® Pancake Syrup may be added over top of the cooked French toast (as shown in photo).
- The banana should be thinly sliced so that it can cover a greater amount of the French toast.
- Other artificial sweeteners may be used such as liquid saccharin or stevia.
- Seasonings such as ground cinnamon and nutmeg may be added to this recipe.
- Smart Balance® or Vegemise® can be used in place of butter and mayonnaise.