



Banana Bread French Toast Two Ways

For best results prepare the banana loaf a day or two in advance. Serving suggestion - use honey in place of the chocolate sauce if you prefer.

Makes 4

INGREDIENTS

Banana bread

220 g (250 ml) light brown sugar
2 large eggs
250 g (2 medium) peeled ripe bananas
180 g (175 ml) plain full cream yoghurt
120 g butter (130 ml), melted
5 ml (1 tsp) vanilla extract
320 g (530 ml) cake flour
5 ml (1 tsp) bicarbonate of soda
7.5 ml (1½ tsp) ground cinnamon

Dark chocolate sauce

70 g (80 ml) brown sugar
25 g (50 ml) cocoa
pinch of fine salt
45 ml (3 tbsp) hot water
100 ml full cream milk
2.5 ml (½ tsp) vanilla extract

French toast

250 g streaky bacon
3 large eggs
125 ml (½ cup) full cream milk
butter, for frying
125 g (140 ml) smooth cottage cheese
thyme sprigs, to garnish
125 g (125 ml) ricotta
fresh raspberries, to decorate
edible flowers, to decorate (optional)

Nutrition Facts

Serving size	Savoury 283 g	Sweet 303 g		
Per	100 g	283 g	100 g	303 g
Energy (kJ)	839	2378	831	2521
Protein (g)	10	28.3	8.7	26.4
Fat (g)	12	33.9	10.7	32.3
Carbohydrates (g)	13	37	16	49
Sodium (mg)	362	1027	263	798
Calcium (mg)	71	201	187	567
Dietary Fibre (g)	0.5	1.3	1.2	3.8

METHOD

1. Preheat the oven to 180°C. Line a large loaf tin with baking paper.
2. To make the banana bread place the sugar and eggs in a large mixing bowl. Whisk on high speed for 3 minutes until pale and thick. Use a fork to mash the bananas. Add these to the bowl with the yoghurt, butter and vanilla. Mix to combine.
3. Sift the flour, bicarb and cinnamon into the bowl. Mix until just combined.
4. Tip the batter into the loaf tin and smooth the top. Bake for 55-60 minutes or until an inserted skewer comes out clean. Set aside to cool completely.
5. To make the chocolate sauce place the sugar, cocoa and salt in a small pot. Add the hot water and whisk into a paste. Gradually add the milk while whisking.
6. Whisk the sauce over a medium heat to dissolve the sugar. Bring to the boil. Allow to boil gently for 5 minutes, whisking regularly. Remove from the heat, whisk in the vanilla and set aside to cool.
7. To prepare the bacon preheat the oven to 200°C and line a baking tray with baking paper. Arrange the bacon on the paper. Bake for 15-20 minutes or until crispy.
8. While bacon is cooking prepare the French toast. Place the eggs and milk in a jug and use a fork to whisk until combined. Pour into a small dish.
9. Cut eight 1.5 cm slices of banana bread. Melt some butter in a frying pan. Dip a slice of banana bread in the egg mixture for a few seconds on each side. Transfer to the hot pan and cook for a few minutes per side until golden. Repeat with the remaining slices.
10. For savoury French toast, spread the cottage cheese on the fried banana bread slices. Top with crispy bacon and a few sprigs of thyme. For sweet French toast, spread the ricotta on the bread and top with a drizzle of chocolate sauce, fresh raspberries and flowers. Serve immediately.



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