

Banana French Toast

(Serves 2 to 3)

2 medium bananas
2/3 cup soymilk
2 tablespoons maple syrup
1/8 teaspoon ground cinnamon
4 slices bread

Blend bananas, soymilk, maple syrup, and cinnamon until smooth. Pour into a flat, shallow dish and soak bread slices 1 minute on each side. Transfer carefully to a skillet, which has been oiled or sprayed with a nonstick vegetable spray. Cook first side until lightly browned, about 3 minutes, then turn and cook second side until browned. Serve with fresh fruit, fruit preserves, or maple syrup.

Recipe from [Food for Life](#), by Neal Barnard, M.D.

