

# Egg-free Banana French Toast

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 3 ripe bananas mashed
- ¼-1/2 cup shredded coconut
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ¼ cup non-dairy milk like rice or almond milk
- 6 pieces of Silver Hills Sprouted Bread
- 2 tbsp coconut oil

## TOPPING

- Coconut kefir or yogurt
- 1 cup frozen wild blueberries warmed on the stove
- Real maple syrup

## Instructions:

1. In a medium size bowl mash bananas and mix in shredded coconut, cinnamon, nutmeg. Next stir in milk. You want the texture to be a paste that you can easily spread with a fork but won't fall off the slice of bread if you turn it over. That is why I've given you an option for the amount of shredded coconut in case you're using larger or ripe bananas than I used and yours is a thinner consistency. Then you have the option of adding more coconut.
2. Heat a pan to medium and melt coconut oil. Spread the mixture on to one side of the bread. Place it mixture side down on the pan. It should sizzle. Let it cook for a couple of minutes and check to make sure it doesn't burn. Spoon more mixture on to the top side and then flip. Cook for a few more minutes and then place in oven on a baking sheet to keep warm until you've finishing making all 6 pieces.
3. Meanwhile, place frozen wild blueberries into small pot on stove and warm up on low until heated through.
4. To serve, place 1 to 2 pieces of French toast per person with a dollop of coconut kefir or yogurt, a spoonful of warmed wild blueberries and a drizzle of maple syrup. Enjoy!

## Notes:

In terms of how many it serves, that really depends how hungry you are! I find this recipe very filling, so I'm fine with 1 piece but my hubs will definitely eat 2 pieces. So it could serve 3 or 6 people depending on how hungry everyone is!