

# Banana Bread French Toast

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-banana-bread-pudding-recipe>

## Ingredients:

- 1 banana bread recipe chocolate chip-coconut, sliced into ½ inch thick slices
- 3 eggs lightly beaten
- 1 cup milk
- 2 teaspoons vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 2 cups cornflakes finely crushed
- 1/4 cup butter softened and divided
- 1 banana peeled and sliced
- maple syrup

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 225 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 11 grams
7. SaturatedFat: 10 grams
8. Sodium: 210 milligrams
9. Sugar: 15 grams

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