

SOUTHERN SPICED FRENCH TOAST WITH BANANAS AND PECANS^o



SERVES: 4 (1 slice each) **Prep Time:** 15 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (per serving): 1 1 ½ ½ 1 tsp.



4 large eggs
¼ cup unsweetened almond milk
1 Tbsp. + 4 tsp. pure maple syrup, *divided use*
1 tsp. pumpkin pie spice
4 slices low-sodium sprouted whole-grain bread (like Ezekiel®)
2 tsp. extra-virgin organic coconut oil
2 large bananas, sliced
¼ cup chopped raw pecans

1. Combine eggs, almond milk, 1 Tbsp. maple syrup, and pumpkin pie spice in a shallow pan; whisk to blend.
2. Soak each slice of bread in egg mixture for 10 seconds on each side.
3. Heat oil in medium nonstick skillet over medium heat.
4. Add bread; cook for 2 to 3 minutes on each side, or until golden brown.
5. Top each slice evenly with 1 tsp. maple syrup, ½ banana, and 2 Tbsp. pecans; serve immediately.

RECIPE NOTES:

- If you'd like to toast pecans: heat skillet to medium heat. Add pecans; cook, stirring constantly, for 3 to 5 minutes, or until fragrant.
- If desired, scramble the remaining egg mixture in a skillet and evenly divide among 4 servings, to fully account for containers.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 296 Total Fat: 13 g Saturated Fat: 4 g Cholesterol: 186 mg Sodium: 84 mg Carbohydrates: 36 g Fiber: 5 g Sugars: 12 g Protein: 12 g

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Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.