



Royal  
Botanic Garden  
Edinburgh

## Botanic Cottage Community Cook Club Late March 2021

### A quick breakfast

#### Banana french toast



#### Ingredients- per person

- 1 banana
- 1 egg
- ½ tsp ground cinnamon
- ½ tsp vanilla extract (optional)
- 50ml milk (any type)
- 2 slices bread
- 1 tsp butter

You will need a wide bowl, a frying pan and a spatula.

1. In a bowl mash the banana with a fork until relatively smooth.
2. Break the egg into the bowl and gently whisk together with the banana. Add the cinnamon and vanilla and mix well.
3. Cut the slices of bread in half and put into the bowl. Allow the banana mixture to soak into the bread for 30 seconds- a minute per side.
4. Heat the butter in the frying pan over a medium heat.
5. Cook the bread slices for around 3 minutes per side until golden and firm when gently pressed.
6. Serve as it is or with a little honey or maple syrup. Yogurt and fruit compote make a nice addition too.