Michele Sodon

NUTRITION PER SERVING:

CALORIES	332
PROTEIN	14 G
CARBOHYDRATE	50 G
TOTAL FAT	10 G
PREP TIME:	15 MINUTES
COOK TIME:	20 MINUTES
YIELD:	4 SERVINGS
SERVING SIZE:	1 FRITTER

FOR SANDWICHES:

8	SLICES WHOLE-WHEAT BREAD
¼ C	CREAMY PEANUT BUTTER (OR OTHER NUT BUTTER)
1	APPLE, RINSED, PEELED, CORED, AND SLICED INTO 8 RINGS
2	BANANAS, PEELED AND CUT INTO ABOUT 12 THIN SLICES EACH

FOR BATTER:

3 TBSP	EGG SUBSTITUTE (OR SUBSTITUTE 1 EGG WHITE)
¼ TSP	GROUND CINNAMON
1 TBSP	BROWN SUGAR
¼ C	FAT-FREE EVAPORATED MILK

NONSTICK COOKING SPRAY

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BAKED FRENCH TOAST FRITTERS
WITH APPLES AND BANANAS

ADD FRUIT TO YOUR MEAL WITH THIS HEAVENLY, MELT-IN-YOUR-MOUTH DISH

01 Preheat oven to 400 °F. Place a large baking sheet in the oven to preheat for about 10 minutes.

02 Assemble fritter as a sandwich, with ½ tablespoon of peanut butter on each slice of bread, and two apple slices and six banana slices in the middle of each sandwich.

03 Combine ingredients for the batter, and mix well.

04 Spray a nonstick baking sheet with cooking spray.

05 Dip both sides of each fritter in the batter, and place fritters on preheated baking sheet. Bake for 10 minutes on each side, or until both sides are browned. Serve immediately.

✔ Children can help slice the apples and bananas and spread the peanut butter