

Better-for-you French toast

25m prep | 20m cook | 4 servings ★ ★ ★ ★ ★



Why has this page changed? ⓘ

12 Ingredients

- 150ml milk or unsweetened almond milk
- 100g (about 1 medium) **banana**, chopped
- 2 eggs
- 1/2 tsp ground cinnamon
- 8 slices seedy wholegrain bread
- 2 tbsp raw buckwheat
- 2 tsp coconut oil
- 130g (1/2 cup) Greek-style yoghurt or coconut yoghurt
- 125g fresh raspberries
- Seeds of 1/2 pomegranate
- 1 tbsp maple syrup
- Maca powder, to dust (optional)

4 Method Steps

- **Step 1** Blend the **milk**, **banana**, **eggs** and **cinnamon** for 20-30 seconds or until smooth. Transfer to a large dish. Place the **bread slices** in the milk mixture, pressing down on them so they absorb as much of the mixture as possible. Set aside for 10 minutes to soak.
- **Step 2** Meanwhile, place **buckwheat** in a small frying pan over medium-low heat. Cook, stirring constantly, for 5 minutes or until golden. Transfer to a bowl. Set aside.
- **Step 3** Melt half the **oil** in a non-stick frying pan over medium heat. Cook 4 soaked bread slices for 2-3 minutes each side or until golden and cooked through. Transfer to a plate. Cover loosely with foil to keep warm. Repeat with remaining oil and bread.
- **Step 4** Divide the French toast among serving plates. Top with the **yoghurt**, **raspberries** and **pomegranate seeds**. Drizzle with the **maple syrup** and sprinkle with the buckwheat. Dust with **maca powder**, if using.

RECIPE NOTES

Tips and tricks: Maca powder is one of the newer superfoods on the block. Maca is a cultivated root from the brassica family and the dried powder has a nutty, caramel-like flavour. It makes a great alternative to icing sugar for achieving a pretty, dusted look. For dairy-free French toast, choose the almond milk and coconut yoghurt options in the recipe and make sure the bread is dairy-free.
