

Breakfast

Bananas Foster French Toast

Betty Crocker Best-Loved Casseroles

Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 9 hours 10 minutes

8 slices (8 cups) cinnamon bread, cut into 1/2-inch cubes

8 eggs

1 cup milk

2 1/2 cups real maple syrup, divided

1 teaspoon rum extract

6 ripe bananas, cut into 1/2-inch slices

1 cup pecans, coarsely chopped

Spray the bottom only of a 13x9-inch glass baking dish with cooking spray. Arrange the bread cubes in the baking dish.

in a large bowl, beat the eggs, milk and 1/2 cup of the syrup with a wire whisk. Pour the mixture over the bread.

Cover and refrigerate for 8 hours or overnight.

Preheat the oven to 350 degrees.

Bake, uncovered, for 35 to 40 minutes or until golden brown along the edges. Let stand for 7 to 10 minutes before serving.

Meanwhile, in a medium microwavable bowl, microwave the remaining syrup uncovered on HIGH for 1 to 2 minutes, stirring every 30 seconds, until warm.

Stir in the rum extract.

Sprinkle the banana slices and pecans evenly over the French Toast. Drizzle with the warmed syrup mixture.

Serve immediately.

Per Serving (excluding unknown items): 183 Calories; 15g Fat (73.0% calories from fat); 8g Protein; 4g Carbohydrate; 1g Dietary Fiber; 216mg Cholesterol; 85mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat.