

Stuffed French Toast Nut Butter and Bananas

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Servings: 8

*12 ounces(20 slices) 1/2
inch thick Brioche bread,
halved diagonally
1/2 carton (8 ounce)
mascarpone cheese or
whipped cream cheese
1/4 cup + 1 tablespoon nut
butter
3/4 cup maple syrup
4 bananas
4 eggs
1 3/4 cups milk
2 teaspoons vanilla
1 teaspoon ground
cinnamon
2 tablespoons butter*

Preparation Time: 25 minutes

Grease a 2 to 2-1/2 quart baking dish.

Arrange half of the bread slices in the dish, overlapping as necessary.

For the filling: In a bowl, whisk together the mascarpone, 1/4 cup of the nut butter and 1/4 cup of the maple syrup until smooth.

Spoon evenly over the bread in the dish. Slice two of the bananas crosswise. Layer over the filling. Arrange the remaining bread over the filling.

In a large bowl, whisk together the eggs, milk, 1/4 cup of the remaining maple syrup, the vanilla, and cinnamon. Slowly pour the egg mixture over the bread, pressing down the bread as you pour.

Chill, covered, for two to twenty-four hours.

Preheat the oven to 375 degrees.

Bake, uncovered, for 50 to 65 minutes or until the center is set (at least 180 degrees), covering with foil halfway through the baking. Let stand for 15 minutes.

Meanwhile, bias-slice the remaining bananas. In a large skillet, heat the butter, the remaining 1/4 cup of maple syrup and the remaining one tablespoon of nut butter over medium until bubbly. Add the banana slices. Cook for 2 minutes or until thickened, stirring occasionally. Spoon the warm banana mixture over the dish.

Per Serving (excluding unknown items): 231 Calories; 7g Fat (calories from fat); 6g Protein; Carbohydrate; 2g Dietary Fiber; 121mg Cholesterol; 94mg Sodium; Exchanges: 0 Grain(Starch); Lean Meat; 1 Fruit; 0 Non-Fat; 1 Fat; 1 1/2 Other Carbohydrate