

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Paleo-Style Banana Bread French Toast

From "OMG That's Paleo?" by Juli Bauer

Wow! This was **really** good!

Serves 2-3

### For the Bread:

3 medium bananas (you want them brown and spotty)  
1 ½ cups roasted unsalted cashews (I put some raw cashews in the oven for 8-10 minutes to roast them)  
1 cup almond meal/flour  
2 Tbsp walnut oil (you can use coconut oil, too)  
2 eggs, whisked  
1 Tbsp raw honey  
1 tsp baking soda  
1 tsp baking powder  
1 tsp vanilla extract  
½ tsp cinnamon  
Pinch of salt

### For the French toast:

2 eggs, whisked  
1/3 cup canned coconut milk  
1 tsp vanilla extract  
¼ tsp cinnamon  
1-2 Tbsp coconut oil

1. Preheat the oven to 375°.
2. Add the cashews to your food processor to grind down. Once you get a fine cashew meal, add the walnut oil while your food processor is still on. Keep processing until you get a cashew butter. Peel the bananas, roughly break them up, and add to your food processor with the cashews. Turn your food processor on and let combine for a minute or so until you have a soupy paste.
3. In a large bowl, whisk the eggs, then add the cashew/banana mixture along with almond meal/flour, baking soda and powder, honey, vanilla extract, cinnamon, and salt. Mix to combine until you get a batter.
4. Grease a bread pan with some coconut oil. Pour batter into the loaf pan. Place in oven and bake for 25-30 minutes or until bread is cooked through and the top of the loaf has a bit of a "crisp" to it. Let bread cool for about 10 minutes.
5. When banana bread has cooled, whisk together the French toast ingredients (minus the coconut oil) in a shallow bowl. Heat a skillet or griddle and add the coconut oil to it. Cut the bread into 1/2-1 inch slices, dip them in the egg mixture and cover both sides, then place on griddle to cook for 2-3 minutes per side. Top with sliced banana, maple syrup or honey, and a touch of cinnamon, if desired.