

Spiced Banana Honey French Toast



Serves 2

Prep 10 mins

Cooking 10 mins

Easy

Ingredients

3 tbsp honey

½ tsp cinnamon

¼ tsp ground cardamom

2 small bananas, thickly sliced

1 large egg

300ml milk

4 thick slices of white bread

2 tbsp butter

50ml whipped cream (optional)

1. Simmer the honey, cinnamon and ground cardamom in a pan and swirl until golden. Add the bananas and toss.
2. Beat the egg with the milk in a dish, add the bread and soak for 1 min, turning once.
3. Fry in the butter over a medium heat for 4 mins, flip and cook for 4 mins more, until golden on both sides. Top with the bananas and the whipped cream, if you like.