



# Bananas Foster French Toast Delight

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Breakfast

Recipe HACCP Process: #3 Complex Food Preparation

## Ingredients

Fresh Bananas (16 each)  
Eggs, liquid (4-1/2 cups)  
Milk, 2% (3-3/4 cup)  
Yogurt, Vanilla, low-fat (3 cups)  
Caramel sauce topping (1 cup)  
French toast sticks, thawed (3#)  
Butter, melted (3 Tbsp)

## Preparation

### DAY BEFORE:

1. In a large bowl mash 5 bananas. Add eggs, milk, yogurt and caramel sauce.
2. Combine well using a whisk.
3. Add thawed French toast sticks. Mix well, cover, and hold overnight at 41° or less (CCP).

### DAY OF SERVICE:

1. Preheat oven to 350°F. Grease a full steamtable pan using melted butter.
2. Remix bread mixture and spread half of the mixture evenly into the bottom of greased hotel pan.
3. Slice 5 bananas and spread over bread mixture. Top with remaining mixture.
4. Grease a sheet of parchment paper and press, greased side down, over mixture. Cover tightly with foil.
5. Bake 40-50 minutes until you reach an internal temperature of 165°F (CCP) and center has risen.
6. Remove foil and parchment. Bake uncovered 15 minutes until golden brown. Top with remaining bananas just before serving. Serve with a #8 scoop.

**OPTIONAL:** Drizzle caramel sauce over top before serving.

## Serving:

Meets: 1/2 fruit serving; 1.5 grain servings

## Yield:

32 Servings

## Nutrients Per Serving

Calories: 341 kcal	Total Fat: 11.80 g	Saturated Fat: 6.95 g	Cholesterol: 135.48 mg	Sodium: 266.13 mg	Carbohydrate: 49.92 g
Dietary Fiber: 2.75 g	Protein: 10.18 g	Vitamin A: 556.28 IU	Vitamin C: 4.73 mg	Calcium: 221.16 mg	Iron: 1.72 mg