



Louisiana Sweet Potato French Toast with Brown Sugar Bananas

2007 Sweet Rewards Recipe Contest; Breads and Breakfast Winner

Ingredients:

French Toast:

8	Ounces cream cheese, softened
1	Cup mashed, drained Louisiana canned sweet potatoes in syrup
1/4	Cup packed dark brown sugar
1	Teaspoon cinnamon
1/2	Teaspoon ginger
1/8	Teaspoon ground cloves
16	Slices cinnamon swirl bread
3	Large eggs
1	Cup half and half
2	Tablespoons honey
1	Teaspoon vanilla extract
	Cooking Spray

Brown Sugar Bananas:

10	Tablespoons salted butter
1/2	Cup packed light brown sugar
4	Firm, but ripe bananas, sliced into 1/2 inch rounds
1	Teaspoon vanilla extract

Garnish:

6	2 Tablespoon sized dollops whipped cream
1/2	Cup chopped toasted pecans

Instructions:

To make the French toast, blend cream cheese in a large mixing bowl with electric mixer on medium speed for 1 minute. Beat in sweet potatoes, brown sugar, cinnamon, ginger and cloves until combined and smooth. Divide sweet potato mixture evenly (about 1/4 cup on each) on top of 8 slices cinnamon swirl bread. Top with remaining 8 slices bread. Whisk eggs in a large mixing bowl. Continue to whisk and add in half and half, honey and vanilla extract. Spray a nonstick double griddle with cooking spray. Heat griddle over medium heat. Dip sweet potato/cinnamon swirl bread sandwiches into egg mixture, coating both sides and place on hot griddle. Cook 3-4 minutes until bottom is golden brown, flip and cook additional 2-3 minutes until bottom is golden brown and French toast is done. Remove from heat and keep warm. To make brown sugar bananas, place butter in a large skillet over medium heat and melt. Stir in brown sugar and cook, stirring frequently until sugar melts, about 2 minutes.

Add in bananas and stir in vanilla and cook additional 1-2 minutes until topping is hot. Place 1 sweet potato French toast sandwich on each plate and top with an equal portion of bananas. Garnish with a dollop of whipped cream and an equal portion of toasted pecans and serve warm.

Serving Size: 8

Cook Time: 30 minutes

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Credits:

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