

GF Banana Rum French Toast

By Diane Kuehn

*This egg-free, dairy-free, gluten-free French toast recipe uses banana and rum to give it a deep, rich flavor. For best results, use a non-stick griddle and cooking spray that contains lecithin (I use a combination of olive oil and melted palm oil shortening on the griddle for this recipe to avoid the soy lecithin in cooking sprays). Both the *Banana Chip Bread* and the *Applesauce Oat Sandwich Bread* recipe from the “Gluten-Free One-Mix Baking” cookbook work well as the bread of choice (using thinly-sliced store-bought gluten free bread will give you a skimpier French toast). Leave out the rum if you wish to avoid the alcohol. If you need to switch the coconut milk with a different type of milk, leave out both the coconut milk and filtered water, and replace with 1 cup of an alternate milk of choice. Makes four servings of two slices each.*

Contains tree nuts (coconut).

Ingredients:

1 loaf of GF bread of choice
1 medium-sized banana (approximately 100-130 g)
½ c. full-fat coconut milk (118 ml)
½ c. filtered water (118 ml)
¼ c. rum (59 ml)
2 T. neutral-flavored oil (30 ml)
1 t. vanilla extract (5 ml)



Directions:

Step 1. Slice eight 1-inch-thick slices off the bread loaf of choice.

Step 2. To a blender, add the banana, coconut milk, filtered water, rum, oil, and vanilla extract. Blend for one minute till smooth and creamy. Do not use a food processor for this recipe.

Step 3. Pour half of the batter into a 13” x 9” baking pan, tipping the pan back and forth to spread the batter evenly across the bottom of the pan. Lay the 8 slices of bread in the pan on top of the batter. Pour the rest of the batter from the blender over the slices of bread. Flip each slice over once to make sure that both sides of each slice are coated. Let the bread rest for ten minutes.

Step 4. As the bread soaks up the batter, heat a non-stick griddle over medium-low heat. After ten minutes, spray the griddle with cooking spray. Place as many slices of the coated bread on the griddle as will fit (depending on the size of your griddle, you may need to cook the slices in batches).

Step 5. After the bottom of each slice turns a deep golden brown, gently flip it with a metal spatula and brown the other side. Once the second side is golden brown, remove the slice from the griddle with a metal spatula and serve immediately. I enjoy this recipe with pure maple syrup on top, but it is equally good with warm blueberry sauce (see recipe below).

Warm Blueberry Sauce recipe: Microwave 1 cup of fresh blueberries with 2 T. of maple syrup for 60 seconds in a microwave-safe bowl; microwave for 90 seconds if using frozen berries. Stir and pour over the French toast.

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