

Banana Roll French Toast

For when you want to splurge a little for breakfast. A sweet and easy treat. Try sprinkling confectioners' sugar over the rolls for a pretty look. Serve with whipped cream, syrup, or alone. Enjoy!

Recipe by [Brennan Hale](#) | Created on **Nov 14, 2021**

Ingredients

- 2 teaspoons vegetable oil
- 8 large slices whole wheat bread
- 2 bananas, mashed
- 1 (8 ounce) package cream cheese, softened
- 2 tablespoons white sugar
- ¼ teaspoon ground cinnamon
- 2 eggs

Directions

- Heat oil in a skillet over medium heat.
- Flatten bread slices using a rolling pin. Mix bananas and cream cheese together in a bowl; add sugar and cinnamon and mix well. Whisk eggs in a separate bowl.
- Spread about 2 1/2 tablespoons banana mixture onto 1 end of each flattened bread slice. Roll bread slice around filling. Dip bread rolls in the egg until coated and place in the hot skillet, working in batches if needed.
- Cook French toast rolls in the hot oil until browned, 2 to 3 minutes per side. Repeat with remaining rolls.

Nutrition Facts

Serving: **8 servings** | Calories: **234.3 kcal** | Carbohydrates: **22.5 g** | Protein: **7.7 g** | Saturated fat: **7 g** | Cholesterol: **77.3 mg** | Sodium: **234.7 mg** | Fiber: **2.7 g** | Sugar: **8.5 g**

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