

Vegan French Toast



SERVINGS
8-10 SLICES

PREP TIME
10 MIN

COOK TIME
15 MIN

TOTAL TIME
25 MIN

You won't even notice the absence of dairy or eggs in this vegan French Toast. It boasts an incredible flavor and achieves the same delightful crispiness as its traditional counterpart.

ORGANIZING
a Plant Based Life.com

Ingredients

Directions

1

- 1½ C Dairy Free Milk (of choice)
- 1/3 C Cornstarch
- 2 tsp Ground Flax
- 1 tsp Baking Powder

■ Combine dairy free milk, cornstarch, flax, and baking powder together in a shallow bowl and whisk well. Allow to sit 5 minutes.

2

- 2 T Maple Syrup
- 1 T Vanilla
- 1 to 2 tsp Cinnamon

■ Add syrup, vanilla, and cinnamon to bowl and again whisk well.

3

- Canola Oil
- 8-10 Slices of Hearty White Bread (Like Sara Lee Artesano)

- Add a thin coating of oil in skillet and heat over medium high heat until hot.
 - Quickly dip bread into batter to coat all sides and immediately add bread to hot skillet. Do not soak unless it is a very dense bread like sourdough.
 - Cook each side until golden brown (about 3-4 minutes).
 - Repeat until all bread is cooked. Adjust heat as necessary and likely adding oil before placing on a new batch.
- ⚡ NOTE: The first batch can be a little finicky. If they are very sticky, wait another minute before turning them, as they cook they become easier to work with.

4

SERVE WITH:

- v-Butter
- v-Jam/Jelly
- Syrup of Choice
- Fresh Fruit (Banana's, Blueberries, Strawberries, etc)
- Thawed Frozen Berries
- Sprinkle of Powdered Sugar

■ Combine french toast with toppings of choice and serve warm.