

Vegan French Toast

Ingredients

2 slices day-old bread

1 cup Almond Milk

1 tablespoon maple syrup, plus more for serving

2 tablespoons flour (wholewheat, millet, spelt)

1 tablespoon nutritional yeast

1 teaspoon cinnamon

¼ teaspoon freshly ground nutmeg

tiny pinch of salt

coconut oil, for the pan

Instructions

In a small bowl, whisk together the almond milk, maple syrup, flour, nutritional yeast, cinnamon, nutmeg and salt.

Place the bread in a shallow dish (with sides) that holds all of the bread. Pour the mixture over the bread, then lift or flip the bread over to make sure both sides are evenly coated.

Heat a drizzle of coconut oil in a large skillet over medium heat. When the pan is hot, add the bread slices and cook for a few minutes per side, until golden brown.

Serve with powdered sugar, a dab of vegan butter, maple syrup, and fresh fruit.