

## Vegan French Toast



**Ease of Preparation:** Medium

**Yield:** 6 servings

Vegan French Toast is a tasty, healthier, plant-based take on the classic brunch recipe. Start by blending silken tofu, banana, and your favorite non-dairy milk, with a mix of spices to make a decadent batter, then use it for soaking thick slices of sourdough bread. Pan-toast until golden beautiful and smothered with maple syrup and chopped fruit for a rich, indulgent breakfast, that just happens to be both cholesterol and cruelty-free!

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### Ingredients:

#### For the batter:

- 1 package (12.3 ounce/350 g) silken tofu
- 1 ripe banana
- 1 cup (240 mL) non-dairy milk (such as soy, rice, or oat)
- 3 tablespoons (45 mL) brown sugar
- ½ teaspoon (2.5 mL) salt
- 1 teaspoon (5 mL) vanilla
- 1 teaspoon (5 mL) cinnamon
- 1/2 teaspoon (2.5 mL) ground nutmeg

#### For the French toast:

- 1 loaf of (vegan) crusty sourdough bread (12 slices)

- Batter
  - Vegetable oil, for the pan
  - Maple syrup
  - Orange segments and other fresh fruit (strawberries, blueberries), to garnish
- Icing Sugar, to garnish
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## **Method:**

### **For the batter:**

Combine tofu, banana, non-dairy milk, sugar, salt, vanilla, cinnamon, nutmeg in a blender and blend until smooth. Reserve for cooking.

### **For the French toast:**

Soak the sliced sourdough bread in the batter until well absorbed, at least 1-2 minutes.

Heat a non-stick pan over medium to medium-high heat, add oil. Lift slices of the bread from the batter and allow to drain for a moment.

Fry the toast in batches until it is brown on both sides and heated through, serve immediately with maple syrup, orange segments, and fresh fruit. Dust with icing sugar.