

WHOLESOME FRENCH TOAST

Serves: ~3

ingredients

- 1 cup unsweetened, non-dairy milk (i.e. almond milk)
- 2 tablespoons whole wheat pastry flour
- 1 tablespoon sugar
- 1 tablespoon nutritional yeast (optional)
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 teaspoon pure vanilla extract
- 6 slices bread, preferably whole grain/whole wheat

directions

Preheat your non-stick griddle or stovetop pan (about 350 degrees). Preheat your oven to 170 degrees, if you'd like, to keep the cooked toast warm while cooking the entire batch.

In a medium-large bowl, add the non-dairy milk, flour, sugar, nutritional yeast, cinnamon, nutmeg, and vanilla extract. Combine until well blended.

One slice of bread at a time, dip both sides of bread in the liquid mixture. Add each slice to the heated griddle.

Cook both sides until golden brown, approximately 2-3 minutes per side. Place cooked slices in the preheated oven until ready to serve.

Serve warm with toppings of your choosing. We love pure maple syrup with a side of mixed berries.

Enjoy!

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