

Favorite French Toast – Vegan

Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes

Yield: 8 slices
Serving Size: 4
Calories per serving: 191
Fat per serving: 4 grams

'The China Study Cookbook', by Leanne Campbell, PHD. p-61.

Ingredients

- 1 cup almond milk or soy milk
- 1 tablespoon xylitol
- 2 tablespoons flaxseed (do not mix with water)
- 1 1/2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla extract
- 8 slices whole wheat bread
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Instructions

1. Mix milk, xylitol, egg replacer powder, pumpkin pie spice, and vanilla extract in a large mixing bowl to form batter.
2. Quickly dip one side of the bread into batter and repeat with the second side.
3. Fry in a nonstick skillet over medium high heat until golden brown.
4. Serve with fresh fruit or syrup.

Notes

Nutrition facts (per serving – 2 slices): Calories: 191, from fat: 18, total fat: 4g, cholesterol: 0mg, sodium: 247mg, total carbohydrate: 32g, fiber: 5g, sugar: 6g, protein: 9g.