

Vanilla French Toast

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Preparing the French Toast Batter

For the batter, in a blender, combine all ingredients until smooth. Set aside.

Step 1: Preparing the French Toast Batter

- 1 vanilla bean, scraped
- 2 cups non-dairy milk
- 1/3 cup cashew butter
- 1/4 cup maple syrup
- 2 tbsp egg replacer or corn starch
- 1/2 tsp cinnamon
- 1/2 tsp freshly grated nutmeg
- pinch of sea salt

Step 2: Preparing & Serving the French Toast

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| <ul style="list-style-type: none">• rustic fresh bread or your favorite whole grain bread, sliced in 1-inch thick slices• non-dairy butter• fresh berries• fresh peaches• Bourbon-Spiced Maple Syrup (or regular)• drizzle of Cashew Vanilla Crème (optional) | <p>To prepare the French toast, place the sliced bread into the batter and soak for about 1 minute. On a flat pan, flat grill or large fry pan, add 1 tablespoon of vegan butter and melt. Once melted, put slices of the soaked bread onto the grill or pan. Grill on medium heat for 3 to 4 minutes, flip the bread and cook until the other side is lightly golden.</p> <p>Serve with fresh fruits, Cashew Vanilla Cream and Bourbon-Spiced Maple Syrup, if desired.</p> |
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