

VEGAN FRENCH TOAST

NEW LIVING RECIPE

www.jessicataylornewliving.com

You will need

¾ cup unsweetened plant milk
1 cup of strawberries (or craved fruit)
2 teaspoons of cinnamon
2 teaspoons of agave nectar
1 teaspoon vanilla extract
8-10 slices of wheat, sprouted or Ezekiel bread
1 tablespoon vegan butter
Nonstick cooking spray
1 teaspoon brown sugar
Maple syrup
Fresh strawberries (optional)

- 1** Combine plant milk, cinnamon, agave nectar, and vanilla extract into a blender or glass bowl. Blend or whisk until combined. Pour batter into a deep, wide, and flat dish (dipping dish).
- 2** Slice the edges off of bread. Gently dip, without soaking, each bread slice into the prepared french toast batter. Carefully, coat both sides of each slice of bread. Don't overcoat—lightly dip.
- 3** In a large skillet, over medium-high temperature, spray non-stick cooking spray and melt vegan butter. Cook each side of bread until lightly golden brown on each side—3-4 minutes on each side
- 4** Garnish vegan french toast with a touch of maple syrup, a dash of brown sugar, and fresh strawberries.

Serve fresh.

NEW LIVING

Jessica Taylor