

# Healthy French Toast

Now that it's fall, I've been craving more warm breakfasts. This french toast is ready in 11 minutes and will make your kitchen smell like a cozy restaurant. What better way to bring the family together on these cool mornings.

Prep:  
**5 minutes**

Cook:  
**6 minutes**

Ready In:  
**11 minutes**

Servings:  
**1-2**



## Ingredients

4 slices day old bread / 1 inch thick  
1 cup West Soy soy milk  
1 tbsp maple syrup or date syrup  
3 tbsp oat flour  
1 tsp ground flax  
1 tsp nutritional yeast  
1/2 tsp cinnamon  
1/2 tsp vanilla extract  
Pinch of salt

## Toppings

Fresh fruit  
Hemp, pumpkin or sunflower seeds  
Coconut flakes

## Instructions

- 1 Whisk together your soy milk, syrup, nutritional yeast, cinnamon, vanilla and salt until combined. Add in your flax and oat flour and whisk again
- 2 Place your bread in mixture and let it sit for a few seconds before flipping. Completely cover bread and make sure all sides are coated.
- 3 On a non stick pan or griddle over medium heat place your toast and cook 3 minutes per side.
- 4 Place on a serving dish and top with fresh fruit, seeds, coconut flakes and maple syrup.