



VeganEgg French Toast

Yields 6 slices French toast

Ingredients:

2 packages VeganEgg
¾ cup ice-cold almond or soy milk
½ teaspoon sea salt
½ teaspoon ground cinnamon
¼ teaspoon allspice
¼ teaspoon ground cardamom
3 tablespoons maple syrup or coconut palm syrup
1 teaspoon vanilla extract
2 tablespoons neutral tasting oil (safflower), plus additional oil for coating pan
6 slices organic sourdough bread

Directions:

In a medium bowl, whisk together VeganEggs, 1 cup almond or soy milk, sea salt, cinnamon, allspice, cardamom, maple syrup or coconut palm syrup, vanilla extract, and oil. Whisk until uniform.

Pre-heat your griddle or pan to a medium-high heat. Grease griddle with additional oil.

Coat each slice of bread in batter and then place on hot pan or griddle.

Cook until slightly golden, about 3 minutes. Flip and cook for another 3 minutes or so, or until golden.

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