



Simple | Healthy | Delicious

Vegan Banana-Oat French Toast

INGREDIENTS

2 cups vanilla almond milk
1 tablespoon ground flax
1/4 cup quick oats
1/4 cup orange juice
1/4 teaspoon cinnamon
1/2 banana
8 slices whole-grain bread
Organic canola oil
Fresh fruit of choice and maple syrup, for topping



DIRECTIONS:

1. Combine the almond milk, flax, oats, orange juice, cinnamon and banana in a blender and process until well blended. Pour the mixture into a baking dish and soak the slices of bread for a minute or two on each side, until the liquid has completely penetrated the bread. Rub canola oil onto a griddle and heat on medium-high. Cook until well-browned on one side, then flip and brown the other side. Serve with fruit and maple syrup.

Note: choose bread that is airy enough to absorb the liquid; if you use a very dense and heavy whole grain loaf, this won't work quite as well. And it's better to cut your own thick-ish slices here rather than using pre-sliced bread.