Vegan French Toast

Source: Food for Life by Neal Barnard, MD; recipe by Jennifer Raymond, MS, RD

Tofu is extremely versatile. In this recipe, it helps give a crispy coating to this delicious vegan French toast!

About the Recipe

143 Calories · 7.8 g Protein · 2.4 g Fiber
Breakfast
Nut-free

Ingredients

Makes 8 Servings

- 1 cup firm tofu
- 1 cup soy milk
- 2 tbsp. flour
- 2 tbsp. maple syrup
- 1 tsp. vanilla extract
- 1/8 tsp. cinnamon
- 1/8 tsp. salt
- 8 slices whole-wheat bread
- as needed vegetable oil spray

Directions

1. In a blender, process tofu, soy milk, flour, syrup, vanilla, cinnamon, and salt until very smooth.
2. Pour into a flat, shallow dish and soak bread slices 1 minute on each side.
3. Transfer carefully to a vegetable-oil-sprayed skillet. Cook first side until lightly browned, about 3 minutes. Then turn and cook second side until browned.

Nutrition Facts

Per serving (1 slice)

Calories: 143
Fat: 3.8 g
- **Saturated Fat:** 0.6 g
- **Calories From Fat:** 7.4%

Cholesterol: 0 mg
Protein: 7.8 g
Carbohydrate: 21.2 g
Sugar: 6.8 g
Fiber: 2.4 g
Sodium: 209 mg
Calcium: 125 mg
Iron: 2 mg
Vitamin C: 0.2 mg
Beta-Carotene: 1 mcg
Vitamin E: 0.7 mg