

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

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

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