

# 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