

Banana Cinnamon French Toast

VEGAN + SUGAR FREE



Ingredients:

2 ripe bananas
3/4 cup hemp milk
1 1/2 tsp cinnamon
1 1/2 tsp vanilla
6-8 slices of crusty vegan bread

optional add-ins:

1/2 tsp. orange, lemon, or almond extract
1/4 cup chopped nuts
2 T. powdered peanut butter
(I just discovered powdered PB. It adds a nice, light PB flavor to things without being overwhelming. Great in baked goods and oatmeal!)

Instructions:

Mash bananas in a medium mixing bowl with a fork. Whisk in milk, cinnamon, & vanilla until combined.

Pour mixture into a shallow dish- a pie plate works great. Dip bread into the wet mixture, flipping to coat the whole slice evenly.

Place dipped slices onto a pre-heated and greased skillet and let cook about 3-5 minutes on each side, until the edges no longer bubble and both sides are golden brown and crispy.

Enjoy while warm with maple syrup, agave nectar, or fresh fruit!

Makes 6-8 pieces of french toast.