

Vegan French Toast

By Smileyfroggy on August 05, 2003

★★★★★ 20 Reviews



Prep Time: 2 mins **Total Time:** 7 mins **Servings:** 4-6

About This Recipe

"Very easy recipe when I have time to make breakfast. Let me know if you like it!"



Photo by The Hungry Vegan

Ingredients

- 1 cup vanilla-flavored soymilk
- 2 tablespoons flour
- 1 tablespoon sugar
- 1 tablespoon nutritional yeast
- 1 teaspoon cinnamon
- 4 -6 slices bread (slightly stale is best)

Directions

1. Mix together the first 5 ingredients.
2. Dip a piece of bread in the mixture and cook on a skillet until it's golden-brown.
3. Repeat until you have as many as you want.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (24 g)			
Servings Per Recipe: 4			
Amount Per Serving	% Daily Value		
Calories 104.2			
Calories from Fat 9	49%		
		Total Fat 1.1g	1%
		Saturated Fat 0.2g	1%
		Cholesterol 0.0mg	0%
		Sugars 4.2 g	
		Sodium 129.4mg	5%
		Total Carbohydrate 20.5g	6%
		Dietary Fiber 1.8g	7%
		Sugars 4.2 g	17%
		Protein 3.5g	7%

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