

Vegan Banana-Oat French Toast

simple
healthy
delicious

Ingredients

- 2 cups vanilla almond milk
- 1 tablespoon ground Nature's Earthly Choice™ Flax Seeds
- ¼ cup quick oats
- ¼ cup orange juice
- ¼ teaspoon cinnamon
- ½ banana
- 8 slices whole-grain bread
- Organic canola oil
- Fresh fruit of choice and maple syrup, for topping

Directions

1. Combine the almond milk, flax, oats, orange juice, cinnamon and banana in a blender and process until well blended. Pour the mixture into a baking dish and soak the slices of bread for a minute or two on each side, until the liquid has completely penetrated the bread. Rub canola oil onto a griddle and heat on medium-high. Cook until well-browned on one side, then flip and brown the other side. Serve with fruit and maple syrup.

Note: choose bread that is airy enough to absorb the liquid; if you use a very dense and heavy whole grain loaf, this won't work quite as well. And it's better to cut your own thick-ish slices here rather than using pre-sliced bread

