



French Toast (Easy Vegan)

Adapted by Jolinda Hackett

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

- 2-3 ripe bananas
- 3/4 cup soy milk (or Almond Milk)
- 1 1/2 teaspoon cinnamon
- 1 teaspoon pumpkin pie spice (optional)
- 1 teaspoon vanilla
- bread, any kind agreeable with you is fine
- Coconut Oil or vegan margarine

Preparation:

Blend bananas, soy milk, cinnamon, pumpkin pie spice and vanilla in blender or food processor and pour mixture into pie plate or wide dish. Gently dip bread slices into the mix, coating both sides. Fry in coconut oil or vegan margarine in medium-hot skillet until golden brown. Serve with maple syrup if desired, and, as always, enjoy your wonderful vegan French toast!

The Balanced Body Center

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