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Vegan French Toast · ·

Vegan French Toast is a plant-based version of the classic French toast. It is made with vegan bread, plant-based milk, and a mixture of flaxseed and water as an egg substitute. This vegan twist on a breakfast favorite is perfect for those following a vegan or vegetarian diet.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 250 grams

Number of Servings: 4

Serving Size: 63 g

Ingredients

8 slices	vegan bread
1 c	plant-based milk
3 tbsp	ground flaxseed
9 tbsp	Water
4 tbsp	Maple syrup

2 tsp	vanilla extract
1 tsp	Cinnamon
2 tbsp	coconut oil

Directions

Step 1

In a shallow bowl, whisk together the plant-based milk, ground flaxseed, water, maple syrup, vanilla extract, and cinnamon.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Dip each slice of vegan bread into the mixture, allowing it to soak for a few seconds on each side.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Stove

Heat a non-stick skillet or griddle over medium heat and add coconut oil.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Stove

Place the soaked bread slices onto the skillet and cook for 3-4 minutes on each side, until golden brown.

Prep Time: 2 mins

Cook Time: 8 mins

Step 5

Serve the vegan French toast warm with your favorite toppings, such as fresh fruits, vegan butter, or maple syrup.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 220 kcal

Fat: 8 g

Protein: 5 g

Carbohydrates: 32 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	32 g	58.18%	64%

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fat	8 g	28.57%	32%
Saturated Fat	3 g	13.64%	17.65%
Trans Fat	0 g	N/A	N/A
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	10 mg	1%	1%
Iron	10 mg	125%	55.56%

Recipe Attributes

Seasonality

Spring Summer

Meal Type

Breakfast Brunch Lunch Snack

Nutritional Content

Low Calorie

Course

Side Dishes Desserts Drinks Breads Salads Soups Snacks

Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Christmas Easter

Cost

\$10 to \$20

Difficulty Level

Medium

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