

Super Simple Single Serving French Toast

This is a quick and simple recipe for french toast for 1, but of course you can batch this recipe and make a lot more for the family!



PREP TIME

5 mins

COOK TIME

10 mins

TOTAL TIME

15 mins



COURSE

Breakfast, Dessert



SERVINGS

1 serving

CALORIES

197 kcal

INGREDIENTS

- 2 slices Ezekiel Bread Cinnamon Raisin
- 2 Tbsp Silken Tofu blended
- 2 Tbsp Vanilla Unsweetened Almond Milk unsweetened vanilla
- 1/2 tsp vanilla extract
- 1/2 tsp maple extract
- 1 tsp cinnamon

INSTRUCTIONS

1. Preheat a skillet on medium high heat and spray with cooking spray.
2. In a shallow dish, mix all of the ingredients except the bread together until smooth and well mixed.
3. Dip each side of each piece of bread into the mixture until the bread is coated.
4. Cook in the skillet for about 4 minutes on each side.
5. Top with berries, stevia, maple syrup, coconut whip or whatever you like!

NUTRITION

Nutrition Facts

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Amount Per Serving

Calories 197	Calories from Fat 18
% Daily Value*	
Fat 2g	3%
Saturated Fat 0.03g	0%
Polyunsaturated Fat 0.03g	
Monounsaturated Fat 0.2g	
Sodium 154mg	7%
Potassium 289mg	8%
Carbohydrates 41g	14%
Fiber 7g	29%
Sugar 10g	11%
Protein 8g	16%
Vitamin A 50IU	1%
Vitamin C 1.7mg	2%
Calcium 130mg	13%
Iron 3.6mg	20%

* Percent Daily Values are based on a 2000 calorie diet.

Tried this recipe?

Let us know how it was!