

Vegan Wild Blueberry French Toast

8 ingredients · 20 minutes · 2 servings



Directions

1. In a large, shallow bowl mash the banana. Add the chia seeds, almond milk, and cinnamon. Let stand for about 5 minutes. During this time, heat a non-stick skillet over medium heat and grease with coconut oil.
2. Dip the bread slices into the banana mixture, making sure each side is coated, then immediately transfer them to the skillet. Cook for about 4 minutes per side, flipping carefully. Continue until all pieces of french toast are cooked.
3. While the french toast is cooking, add the frozen wild blueberries to a small saucepan. Heat over medium-high heat until the berries become soft and the juices are released.
4. Divide the french toast between plates and top with wild blueberries and maple syrup. Enjoy!

Notes

No Blueberries

Use raspberries, strawberries, blackberries or peaches instead.

Ingredients

2/3	Banana (ripe)
1 tbsp	Chia Seeds
1/2 cup	Unsweetened Almond Milk
2/3 tsp	Cinnamon
1 tbsp	Coconut Oil
4 slices	Gluten-Free Bread (or sourdough)
2/3 cup	Frozen Blueberries (wild)
1 tbsp	Maple Syrup