

## BASIC VEGAN FRENCH TOAST

### Ingredients:

- 1 heaping Tbsp chia seeds (whole or ground into a fine meal so they're less detectable)
- 1/2 Tbsp agave nectar or maple syrup (or sub honey if not vegan)
- 1 cup unsweetened almond milk (or any non-dairy milk)
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 4-5 slices bread (It's important to use a sturdy, rustic bread or it can turn out soggy/soft)



### Instructions

1. Mix all ingredients except the bread in a large, shallow bowl. Place in the fridge to activate for 10-20 minutes.
2. Preheat griddle to medium heat and grease with 1 Tbsp vegan butter or coconut oil.
3. Dip each slice of bread in the batter for about 20 seconds on each side. If your bread is dry, leave it in a little longer. If you're using sandwich bread, it should only need 25-30 seconds total to soak.
4. Place on griddle and cook until golden brown on the underside. Carefully flip and cook until the other side is golden brown as well - 3-4 minutes.
5. Top with desired toppings.