



**REVIVING MY OLD, INEXPENSIVE VEGAN FRENCH TOAST RECIPE,
WITH 3 COOKING METHODS AND LOW-SUGAR BLUEBERRY SAUCE
Serves 2-3 © 2019 Bryanna Clark Grogan. All Rights Reserved.**

Ingredients:

6 slices slightly stale bread of choice (I use sprouted wheat or multi-grain bread, such as [Silver Hills brand](#).)

BATTER:

1 cup non-dairy milk, such as soy, nut or oat milk

6 T. more vegan milk plus 2 T. lemon juice (*OR 1/2 cup orange juice*)

1 T. whole golden flax seeds

2 tsp. powdered egg replacer ([Ener-G Egg Replacer](#) or [Orgran No Egg™ Egg Replacer](#) are easy to find.)

1/2 tsp. vanilla extract or paste

1/4 tsp. salt OR [kala namak](#) (aka [black salt](#)) for a more eggy flavor and aroma

A few gratings of nutmeg

OPTIONAL: 1/4 tsp. cinnamon

2 tsp. grated orange or lemon zest

BLUEBERRY SAUCE:

3 cups frozen blueberries, thawed

1 1/2 T. vegan sugar

2 tsp. cornstarch dissolved in 1 T. water

OPTIONAL:

2-4 tsp. grated orange or lemon zest

METHOD:

Blend together the batter ingredients in a blender until smooth. Soak the bread slices in this mixture in a 9 x 13" shallow baking pan. Turn the slices over a few times to make sure they are evenly soaked.

Baking:

Preheat the oven to 500°F. Place the soaked slices on a nonstick or lightly-oiled DARK cookie sheet (*dark pans brown better*). Spray the tops with a little bit of oil from a pump sprayer, too. Bake 10 minutes in the bottom third of the oven (*use convection, if you have it*), then turn and bake about 5 minutes more, or until golden brown and a bit crispy on the underside.

Using an Electric Skillet:

This is my new favorite method, as it is an energy saver. I have a rectangular electric skillet that I found in a second-hand shop-- similar to this one:

It works wonderfully for pancakes and French Toast, and many other dishes, though I bought it originally to simmer batches seitan cutlets, etc.. Set the temperature of your skillet to High or 400°F. Spray the pan with oil and carefully add all 6 of the soaked pieces of bread to the skillet, if it's a large one-- otherwise you will have to cook them in two batches. When the undersides are nicely browned, turn the bread slices over and cook until that side is also browned. Serve immediately with the Blueberry sauce (below) or your favorite toppings, such as maple syrup.

Using a Skillet on the Stovetop: This is basically the same as the Electric Skillet Method above, except that you will need a couple of stovetop skillets (*well-seasoned cast iron, if possible, or whatever is your favorite*), and you will have to adjust the heat as you go, so that the toast doesn't get browned too fast, without cooking the interior properly.

WHILE THE FRENCH TOAST IS BAKING OR PAN-FRYING, make the simple Blueberry Sauce. Mix all of the sauce ingredients in a saucepan and stir over medium-high heat until thickened and bubbly; OR microwave in a medium, deep microwave-safe bowl (deep in order to avoid splashes) for about 2 minutes, or until thickened and bubbly. Serve hot over the French Toast.

NOTE: I used to do my nutritional facts on Living Cookbook, but they just disappeared, with all my recipes on it (fortunately I keep copies in my files online and off). I have not found a satisfactory substitute yet, so I'm using <https://www.verywellfit.com/recipe-nutrition-analyzer-4157076> for the time being.

Nutrition Facts

Servings: 3

Amount per serving

Calories 387

% Daily Value*

Total Fat 6.8g **9%**

Saturated Fat 0.8g **4%**

Cholesterol 0mg **0%**

Sodium 564mg **25%**

Total Carbohydrate 69.3g **25%**

Dietary Fiber 13.2g **47%**

Total Sugars 27g

Protein 14.4g

Vitamin D 0mcg **0%**

Calcium 56mg **4%**

Iron 3mg **18%**

Potassium 448mg **10%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*