

Pumpkin French Toast



Ingredients

- 1 flax seed "egg" (1 Tbsp flax seed in 3 Tbsp water)
- 1 cup unsweetened almond milk
- 1 tsp vanilla extract
- 1 1/2 tsp pumpkin pie spice
- 1/2 tsp cinnamon
- 1/2 cup pumpkin puree
- 1 tsp maple syrup
- 8+ slices of bread

Directions

- Make a flax seed "egg" by combining 1 Tbsp of flax seed and 3 Tbsp of water, stir and set aside for 10 minutes
- Combine the almond milk, vanilla extract, pumpkin pie spice, cinnamon, pumpkin puree and maple syrup in a bowl and whisk well.
- Whisk in the flax seed "egg".
- If you have extra time, let it firm up a little in the refrigerator for 10 minutes. You can skip this step.
- Soak bread in the milk mixture and fry on griddle or in pan until browned on each side.
- Serve hot!

Tips

You can make your own pumpkin pie spice with the following ingredients: 3/4 tsp cinnamon, 1/4 tsp ground nutmeg, 1/8 tsp ground cloves, 1/8 tsp ground ginger, 1/8 tsp allspice (or at least most of these)

We use cinnamon swirl bread to make it extra special

Notes