

Healthy French Toast with Peaches



Preparation time: 10 mins
Serves: 3 people
User Rating: ★★★★★

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For the recipe, you can use whatever bread you like. Jazz it up with a healthy banana bread or even a carrot cake slice (refined sugar free, of course). Or use your typical rye, multigrain or GF slice. It's easy, it's dairy free and it's delicious.

I topped mine with some natural greek yoghurt, walnuts, diced tiger nuts and grilled peaches but you could use whatever you have in the fridge. And a small drizzle of rice malt syrup goes a long way. The 'icing sugar' effect is achieved by using coconut flour.



Ingredients

2 large eggs
1/2 cup nut milk of choice
2 slices of rye bread (or bread of choice)
1 tbsp cinnamon
1 tsp vanilla essence
1 tsp coconut sugar (optional)

Method

1. Whisk together eggs, nut milk, vanilla, cinnamon and coconut sugar until well combine
2. Heat a non-stick pan on medium heat and drizzle about a tablespoon of coconut oil
3. Place the bread in the egg mixture and soak on both sides

- 4. Cook the bread in the pan for about 2-3 minutes on each side until golden brown
- 5. Slice the peaches in to eight (8) pieces and grill side down on the pan
- 6. Layer the French toast with the peaches before sprinkling over your crunchy toppings of choice, yoghurt or coconut yoghurt and a drizzle of your sweetener of choice

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
108g	590kj 141kcal	7.7g	5.1g	1.1g	14.3g	1.9g	199mg	3.3g	2.3µg

All nutrition values are per serve.