



Cashew Crusted Dairy-Free French Toast

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1346 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups cashew pieces whole
- ☐ 0.5 cup dairy-free "buttercream" frosting french for lettering the toast
- ☐ 2 cups so delicious dairy free original cashew milk beverage
- ☐ 2 cups egg substitute
- ☐ 2 tablespoons ground cinnamon
- ☐ 1 loaf bread italian
- ☐ 1 cup maple syrup organic
- ☐ 2 teaspoons vanilla extract

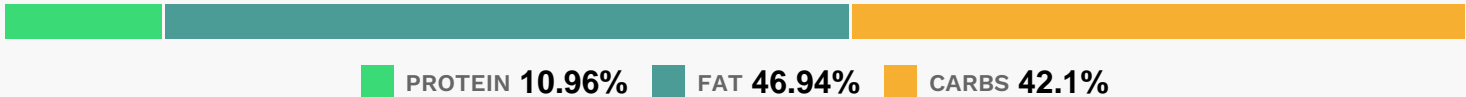
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ First slice Italian Bread into 4 thick slices and place on a plate.Then grab a mixing boil, pour So Delicious Cashew Milk, Egg Substitute, Vanilla Extract and Cinnamon into bowl.
- ☐ Whisk ingredients thoroughly into a mixture.Proceed by dipping 1 slice of bread into the mixture into bread evenly absorbs french toast mixture.Then grab a small bowl and pour 1-1/2 cups of cashews into the bowl.Start to crush cashews into smaller pieces, not into dust though.Next, spray a skillet pan with non-stick fat-free cooking spray and place the slice of bread dipped in the mixed french toast mixture onto the skillet.Grab the bowl with crushed cashews, and sprinkle onto crushed cashews.
- ☐ Let the first slice of french toast cook on skillet for a minute and a half (Medium heat), flip gently being careful to keep the cashews on the french toast for about a minute or until lightly brown.Then remove french toast slice with spatula and place on serving platter.Repeat steps 3-9 for the next 3 slices, and place each slice on top of one another like a tower
- ☐ Pour Dairy-Free Organic Maple Syrup on top of tower of french toast
- ☐ Pour 1/2 a cup of whole cashews around the tower of french toast
- ☐ Decorate top slice of French Toast that tops the french toast tower with your designed message.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:25.73, Inflammation Score:-9, Nutrition Score:46.253043547921%

Nutrients (% of daily need)

Calories: 1345.58kcal (67.28%), Fat: 71.25g (109.61%), Saturated Fat: 27.08g (169.26%), Carbohydrates: 143.8g (47.93%), Net Carbohydrates: 134.99g (49.09%), Sugar: 93.51g (103.9%), Cholesterol: 0mg (0%), Sodium: 748.27mg (32.53%), Alcohol: 0.69g (100%), Alcohol %: 0.16% (100%), Protein: 37.42g (74.84%), Manganese: 3.63mg (181.47%), Vitamin B2: 1.92mg (113.06%), Selenium: 65.91µg (94.16%), Copper: 1.64mg (81.93%), Magnesium: 245.14mg (61.28%), Iron: 10.21mg (56.72%), Vitamin B3: 10.93mg (54.66%), Phosphorus: 513.47mg (51.35%), Vitamin B1: 0.72mg (48.07%), Calcium: 446.01mg (44.6%), Vitamin E: 6.3mg (41.99%), Zinc: 6.12mg (40.82%), Vitamin B6: 0.78mg (38.95%), Folate: 154.11µg (38.53%), Potassium: 1336.35mg (38.18%), Fiber: 8.81g (35.22%), Vitamin B12: 2µg (33.35%), Vitamin B5: 2.56mg (25.64%), Vitamin D: 3.69µg (24.6%), Vitamin K: 23.48µg (22.36%), Vitamin A: 861.47IU (17.23%), Vitamin C: 11.69mg (14.18%)