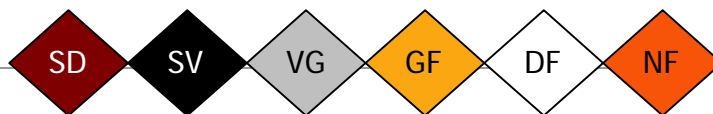


Healthy Swaps French Toast



Recipe by: Chef Kelly Yorke

Dairy milk and eggs are swapped with almond milk and Bird's Custard Powder so those who are restricted from eating dairy and eggs can enjoy this classic breakfast comfort food. Instead of serving the French toast with typical pancake syrup, swap the syrup with a tasty topping of Blackberry Puree to reduce calories and boosts your daily intake of antioxidants, anti-inflammatory compounds, and vitamins.

Ingredients:

French Toast

- 1 cup Almond, Milk (Vanilla flavored)
- 2 Tbsp. Bird's Custard Powder (available in cans at many grocery stores)
- 1 tsp. Almond Extract
- Eight 1oz Slices of bread - egg free type, or gluten-free type, or sprouted (flourless) grain bread, or your favorite type sliced bread, etc.
- 1 Tbsp. Almond oil, vegan margarine, vegetable shortening, or clarified butter

Blackberry Puree

- 1/2 Dried Vanilla Bean Pod
- 1 lb. Blackberries, fresh, frozen, or canned
- 1 Tbsp. Lemon Juice
- 1/2 cup Stevia Extract in the raw

Directions:

French Toast:

1. In a small bowl, mix the milk, custard powder and almond extract until the custard powder is dissolved into the liquids.
2. Lay the bread slices down flat in a shallow pan and pour half the milk mixture over the slices. Turn the slices over carefully and pour the remaining milk mixture to cover both sides. Let the bread soak in the liquid.
3. Meanwhile, on medium heat, in a non-stick skillet or pan, add the oil, margarine, shortening, or clarified butter.
4. Place the bread in the skillet and brown lightly; turn bread slices over and brown on the other side.
5. Serve hot and covered with Blackberry Puree.
6. Garnish (if desired) with fresh whole blackberries and toasted sliced almonds.

Blackberry Puree:

1. Use a sharp paring knife to cut the vanilla bean in half lengthwise. Use the knife's tip to scrape the seeds from the vanilla bean and place the seeds and the bean pod halves into a small sauce pot.
2. Add the berries, lemon juice and Stevia to the sauce pot and cook over medium heat, stirring until the berries thaw and the Stevia is dissolved.
3. Raise the heat to medium-high and bring the mixture to a boil. Remove from heat. Remove and discard the vanilla bean pod halves.
4. Place the mixture in a blender and puree until smooth. Place a coarse mesh sieve over a bowl and strain the mixture into the bowl. Press firmly on the solids with a rubber spatula to extract as much liquid as possible; discard the seeds and solids that remain.
5. Cover and refrigerate the strained puree until cold and store up to 3 days.

YIELD: Four servings French toast and 1-3/4 cup Blackberry Puree

Per Serving: (2 slices sprouted grain bread plus 1/4 cup Puree Topping): 294 Calories, 5g Fat, 55g Carbohydrates, 9g Protein, 10g Dietary Fiber, 0mg Cholesterol, 260mg Sodium

Per Serving: Typical French toast recipe with 1/4 cup syrup: 460 Calories, 9g Fat, 87g Carbohydrates, 9g Protein, 1g Dietary Fiber, 123mg Cholesterol, 428 mg Sodium