

French Toast

Earlier in the week Shirley had made “Cashew Milk” by blending two cups of thoroughly washed raw cashew pieces with 2 cups of water. This mix was used to cream our corn chowder that turned out very yummy too!

- 1 package dessert tofu**
- 2-3 cups cashew milk**
- Vanilla**
- Cinnamon**
- Whole wheat bread or bagels**

For the French Toast she put one package of Sunrise “dessert” tofu in the blender with enough of the cashew milk to fill the blender to the 4-cup measure. Add vanilla and cinnamon to taste and blend for about half a minute. Pour the mixture into a flat bowl for soaking the bread and cook the toast in a non-stick fry pan. We used Silver Hills Flax bagels and served with applesauce and maple syrup and it was awesome!

TIP: Before heating your fry pan drip a few drops of olive oil in pan and then rub it around with a paper towel to just barely leave a fine coating of oil on the surface.

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NutritionFacts	
per serving makes 12 servings	
Amount per serving	
Calories	268
Calories from fat	120
% Daily Value *	
Total Fat 13.4g	21%
Saturated Fat 2.6g	13%
Cholesterol 0mg	0%
Sodium 209mg	9%
Total Carbohydrate 27.4g	9%
Dietary Fiber 3.6g	14%
Protein 9.7g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
44.7% of calories from Fat 40.8% from Carbohydrates 14.5% from Protein	