

Makes 8 slices
Preparation Time: 30 minutes

INGREDIENTS:

1 lemon

1 cup unsweetened, unflavored
almond or soy milk

1 tablespoon flaxseed meal

½ teaspoon ground cinnamon,
plus more for garnish

½ teaspoon ground ginger

½ teaspoon pure vanilla extract

⅛ teaspoon sea salt

¾ cup chickpea flour

8 slices whole grain bread

Pure maple syrup

Toasted pepitas and/or
sunflower seeds

Whole Grain French Toast

Meet your new brunch go-to! Bright and cozy, this healthy **plant-based** French toast gets its warmth from cinnamon and ginger and a fresh lift from lemon zest. Almond milk adds a subtle nuttiness (though any plant milk works), while **chickpea flour** and flaxseed meal create an egg-like batter that cooks up beautifully golden. Serve it straight from the pan with maple syrup and a crunchy shower of pepitas or sunflower seeds.

Tips

Gluten-free version: To make this gluten-free, use **gluten-free whole grain bread**.

Storage: French toast will keep in a covered container in the refrigerator up to 2 days, but it's best served fresh and hot because it gets soggy after it cools.

For more inspiration, check out these tasty ideas:

- [Crispy French Toast Cups with Bananas Foster Topping](#)
- [Banana-Stuffed Aquafaba French Toast](#)
- [Orange French Toast](#)
- [Sweet White Beans on Toast with Berries](#)

By Jody Eddy

- 1 Preheat oven to 200°F. Place a baking sheet in the oven.
- 2 Remove 1 teaspoon zest (plus more for garnish, if you like) and squeeze 1 teaspoon juice from lemon; place in a shallow bowl. Add the next six ingredients (through salt); whisk until well combined. Add chickpea flour; whisk until incorporated and slightly thickened. (Mixture should be thinner than pancake batter.)
- 3 Preheat a large nonstick skillet over medium. Dip a slice of bread in the batter 5 seconds per side. Remove bread from batter, letting excess liquid drip off. Repeat with another slice of bread. Lay slices in hot pan; cook 3 minutes per side or until light golden brown and batter has set, gently pressing with a large spatula to ensure even heating. Transfer cooked slices to baking sheet in oven to keep warm. Repeat with remaining bread and batter.
- 4 Drizzle French toast with maple syrup and top with pepitas and/or sunflower seeds and additional lemon zest (if using). Sprinkle with additional cinnamon.