



Makes 6 French toast sandwiches

Preparation Time: 20 minutes

Cook Time: 20 minutes

INGREDIENTS:

12 slices whole-wheat bread

6 tablespoons peanut butter, spreadable fruit, or slightly mashed berries (optional)

1½ cups sliced bananas

1 (15-ounce) can no-salt-added chickpeas

¾ cup unsweetened almond milk

1 teaspoon pure vanilla extract

½ teaspoon ground cinnamon, plus more for sprinkling

⅛ teaspoon ground nutmeg

Sliced fresh fruit or berries

1 cup [Aquafaba Whipped Cream](#)

Pure maple syrup (optional)

Banana-Stuffed Aquafaba French Toast

This baked vegan French toast makes a great brunch option because it can be made in large quantities and kept warm until you're ready to serve. For a pretty presentation and extra crunch, cut the assembled French toast sandwiches into quarters or fingers before baking. Aquafaba, the canned chickpea liquid that is a plant-based baking sensation, is used to replace eggs in two different ways in this recipe. First, it's added to the custard mixture that the French toast sandwiches are dipped in before baking. Then, it's whipped into a light, frothy [Aquafaba Whipped Cream](#) topping that's sweetened with maple syrup.

By Carla Christian, RD, LD

- 1 Preheat the oven to 425°F. Line a baking sheet with nonstick foil. Spread half of the bread slices with the peanut butter (if using). Top with the banana slices and the remaining bread slices.
- 2 Drain the chickpeas, reserving ½ cup of the liquid. (Cover and chill chickpeas for up to 3 days for another use.) Whisk the reserved chickpea liquid in a shallow dish until foamy. Whisk in the almond milk, vanilla extract, cinnamon, and nutmeg. Dip sandwiches into milk mixture for 10 seconds, turning once. Place on the prepared baking sheet.
- 3 Bake 15 to 20 minutes or until firm and light brown, turning once. Top with sliced fruit and Aquafaba Whipped Cream; sprinkle with cinnamon. Drizzle with maple syrup (if using).