

Vegan French toast with warm apple compote

Serves 3-4

Ingredients

French toast

- 8 oz. rustic whole wheat/multigrain bread, preferably a few days old (drier bread tends to be better for French toast), sliced about ½-inch thick
- 2 chia or flax eggs (2 tbsp. chia and/or flax seeds dissolved in 6 tbsp. water; let sit for 10 minutes until thick and gelatinous)
- 1 cup nondairy milk
- 1 tbsp. pure maple syrup or agave
- 1 tsp. vanilla
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. ground cardamom
- ¼ tsp. salt
- ¼ tsp. allspice
- 2 tbsp. coconut oil

Compote

- 3 medium green apples, diced small (2.5-3 cups)
- Zest of one lemon
- 1-2 tbsp. lemon juice (juice of ½ small lemon)
- 2 tbsp. orange juice
- 2 finely chopped dates
- 1 tbsp. pure maple syrup or agave
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. ground cardamom
- 1 tsp. corn starch

Directions

- 1) In a small saucepan, combine all ingredients for compote except corn starch and bring to a low boil. Add the corn starch and stir until completely incorporated. Simmer for about 20 minutes, partially covered, until the apples have softened and the compote has thickened.
- 2) Meanwhile, whisk together all ingredients for French toast except bread and coconut oil in a wide, shallow bowl (or pie dish). Let sit for about 5 minutes to thicken slightly. Add the bread, two pieces at a time, and toss to coat.
- 3) Heat up the coconut oil on a griddle or skillet. Add the French toast and cook over medium-high heat, turning halfway through, until golden on both sides (about 5 minutes).
- 4) Spoon warm compote on top of French toast and serve!

