



Low FODMAP Vegan French Toast

Serves: 1

Prep: 5 minutes

Cook: 5 minutes



Stack Cup

Ingredients	Metric	Imperial
¼ cup soy milk made with soy protein	64 g	2.3 oz
Firm tofu	70 g	2.5 oz
½ tsp vanilla extract	2.5 g	0.1 oz
1 tsp cinnamon	2.5 g	0.09 oz
1 tsp nutmeg	2 g	0.07 oz
1-2 slices of gluten-free bread or spelt sourdough bread		
1 tsp of oil for cooking OR cooking oil spray	5 g	0.2 oz
Maple syrup to serve		

Method

1. Add the tofu, soy milk, vanilla extract, cinnamon and nutmeg to a blender and process until well combined. If you don't have a blender, just give it a good whisk in a small bowl.
2. Pour the wet mix into a shallow dish and add the bread. Leave the bread to soak for a minute or so, then flip it over to make sure the other side of the bread is coated.
3. Heat a non-stick frying pan over medium-high heat and add oil. When the oil is hot, add the bread to the frying pan. Cook on one side for a few minutes until golden brown, then flip the bread over and cook until the other side is golden brown.
4. Serve on a plate and top with maple syrup.

Hints

Topping suggestions:

- Your favourite low FODMAP fruits like bananas or blueberries
- Icing sugar
- Lactose-free yoghurt

Nutrition Information (per serve)	
Energy	1354 Kj / 324 cal
Protein	18.30g
Carbohydrates	32.90g
Sugar	2.40g
Total Fat	10.80g
Saturated Fat	2.10g
Fibre	4.90g