

Cinnamon & Blueberry French Toast

Servings: 6

Prep Time: 20min

Cook Time: 20min



Ingredients

- 3 tbsp maple syrup
- 150g blueberries
- 2 tbsp gram flour
- 2 tbsp ground almonds
- 2 tsp cinnamon
- 200ml oat milk or rice milk
- 1 tbsp golden caster sugar
- 1 tsp vanilla extract
- 6 slices of thick white bread
- grapeseed oil, for frying
- icing sugar, for dusting

Directions

1. Gently heat the maple syrup and blueberries in a saucepan until the berries start to pop and release their juices, then set them to one side in the pan. Whisk the flour, almonds, cinnamon, milk and vanilla together in a shallow bowl.
2. Heat a little oil in a frying pan. Dip a slice of bread into the milk mixture, shake off any excess and fry the bread on both sides until it browns and crisps at the edges. Keep the slices warm in a low oven as you cook the rest. Serve with the blueberries spooned over and dust with icing sugar