

TONZU

PLANT-BASED WHOLEFOODS

Tofu French Toast

Serves 2 people

A true Tofu treat! Serve with chopped banana and berries drizzled with maple syrup and devour! Ensure you make a stack to share with friends over brunch!

Difficulty Level: Easy

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

INGREDIENTS

- 300g TONZU Organic Tofu
- Water or plant based milk
- 1 tsp cinnamon
- ¼ tsp nutmeg
- 1 tbsp maple syrup
- 4-6 sliced of bread of your choice, a brioche loaf adds an extra level of indulgence!

HOW TO MAKE

1. Blend tofu and spices with enough water or plant-based milk to make a slightly runny batter.
2. Dip bread slices in batter and fry on both sides in a little oil or butter until brown.

HOW TO SERVE

Serve hot with fresh fruit and maple syrup.

