

Pumpkin French Toast

Servings: 4 (2 slices each)

Diet: Vegetarian & Vegan

Ingredients

- 4 eggs, beaten
- $\frac{3}{4}$ cup milk or non-dairy milk alternative
- $\frac{1}{2}$ cup canned pumpkin purée
- 1 teaspoon vanilla extract
- 1 tablespoon brown sugar
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- 2 tablespoons oil, divided
- 8 slices whole wheat bread

Instructions

STEP 1: In a large bowl or baking dish, combine the eggs, milk, pumpkin, vanilla, brown sugar, cinnamon and nutmeg.

STEP 2: Heat 1 tablespoon oil in a large skillet over medium heat.

STEP 3: Dip the slices of bread into the egg mixture and coat on both sides. Transfer 2-3 slices of bread to the skillet, cooking 3 to 4 minutes per side or until browned. Repeat with remaining slices, using remaining oil as needed.



- **Make it Vegan:** Instead of eggs, use one cup of non-dairy milk and two tablespoons of cornstarch for the mixture.
- **Nutrition Boost:** Top your French toast with fruit or nuts to add nutritional value to your meal.



Per Serving: 300 Calories | 33g Carbs | 9g Sugar | 5g Fiber | 14g Fat (3g Sat Fat) | 14g Protein | 330mg Sodium
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