



truwhip

Apple French Toast with Truwhip

Serves: 2-4

Prep Time: 15 min

Directions

1. Lightly toast the gluten-free bread slices
2. In a large bowl mix together the milk, flour, nutritional yeast, sweetener, and pumpkin spice, then combine ingredients
3. Heat a greased non-stick pan over medium heat, dip your toast slices for about 3 to 4 minutes on each side, until golden brown
4. In a medium size pot add the chopped apples, and cook for 5-10 minutes until they are softened to taste. Once a sauce starts to form in the pot, it should be ready to serve
5. Add the sliced toast to a serving plate and divide the apple cinnamon topping per servings. Then add the Truwhip Original Whipped Topping, chopped strawberries with drizzled sugar free maple syrup
6. Slice and enjoy!

Ingredients

French Toast Ingredients:

- 4 to 6 slices of bread, (lightly toasted)
- 3/4 cup of unsweetened nondairy almond milk
- 2 tablespoons of gluten-free all-purpose flour
- 1 tablespoon of coconut sugar (or sweetener of choice)
- 1 tablespoon of nutritional yeast
- 1 teaspoon of pumpkin spice

Apple Compote Ingredients:

- 2 cups of apples, (peeled, chopped)
- 2 tablespoons of vegan butter
- 2 tablespoons of coconut sugar
- 1 teaspoon of cinnamon

Topping Ingredients:

- Truwhip Original Whipped Topping
- 2 strawberries, diced