

Protein French Toast



Make your favourite breakfast a complete and nutritious meal that will sustain you until the next meal! Not only is this recipe suitable for vegetarians, it is also super simple and quick to make.

Preparation 5 min
Cooking 15 min
Servings 2
Nutrition Facts (per serving)
Calories 400
Fat 9
Carbohydrates 48
Fibre 8
Protein 32
Sodium 530

Ingredients

- 1 egg
- 180 ml ($\frac{3}{4}$ cup) liquid egg whites (or the whites of 6 large eggs)
- 125 ml ($\frac{1}{2}$ cup) unsweetened vanilla almond drink
- 5 ml (1 tsp) vanilla extract
- 7.5 ml ($\frac{1}{2}$ tbsp) maple syrup
- 4 slices of Bon Matin Michelin Protein Bread*

For the strawberry puree:

- 375 ml (1 ½ cups) whole strawberries, fresh or frozen (or other berries : raspberries, blackberries, blueberries).
- 30 ml (2 tbsp) hulled hemp seeds

Preparation

1. In a soup plate, whisk together the eggs, almond drink, vanilla extract and maple syrup.
2. Dip bread slices in the mixture, letting them soak in. Place the slices on a plate while waiting to cook them.
3. In a small saucepan over medium-low heat, cook the strawberries until they've broken down and thickened. Mash them with a fork, about 10 minutes. To speed up the process, you can also heat the strawberries in the microwave for 2 to 5 minutes, until they mash well with a fork. Mash the strawberries until pureed.
4. Meanwhile, spray a large non-stick skillet with oil over medium heat. Cook soaked bread slices 2 minutes on each side, turning with a spatula.
5. Stir hemp seeds into strawberry mixture. Mix well.
6. Serve French toast with strawberry puree on top.

Notes

Can be kept for 5 days in the refrigerator. French toast alone can be frozen for 3 months. Strawberry puree does not freeze.

*You can use a different bread, but the nutritional values will change slightly. For reference, each slice of the suggested bread contains 105 calories, 7 g of protein and 1.5 g of fibre.



Élodie Robillard – Nutritionniste Diététiste à Québec | Coordonnatrice KoalaPro
Registered Dietitian Nutritionist in Quebec City