

Squash French Toast



Experience a delightful autumnal twist with our recipe for Squash French Toast. Savor each bite of this comforting breakfast, where the sweetness of squash perfectly complements the classic French toast. A unique treat to try right away.

Preparation 5 min
Cooking 6 min
Servings 4
Nutrition Facts (per serving)
Calories 300
Fat 11
Carbohydrates 36
Fibre 4
Protein 12
Sodium 220

Ingredients

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- 60 ml (1/4 cup) butternut squash puree (see preparation steps)
- 2 eggs
- 60 ml (1/4 cup) vanilla-flavored soy or almond milk

- 2.5 ml (1/2 tsp) cinnamon
- 4 slices of bread (sourdough or gluten-free for a low-FODMAP version)
- 10 ml (2 tsp) margarine or oil

Topping

- 1 banana, sliced into rounds
- A pinch of shredded coconut
- A pinch of chopped almonds (for a low-FODMAP version, replace almonds with pumpkin seeds)
- 30 ml (2 tbsp) natural peanut butter
- 30 ml (2 tbsp) maple syrup

Other ideas: sliced apples, sliced pears, chopped pecans, walnuts almond butter, blueberries, pumpkin seeds, Greek yogurt, etc.

Preparation

Butternut Squash Puree

1. Cut the squash in half, then bake in the oven at 400°F for about 40 minutes.
2. Transfer the cooked squash flesh to a blender and blend until smooth.

French Toast

1. In a bowl, whisk together the butternut squash puree, egg, milk, and cinnamon.
2. Place the bread slices in the mixture, allowing them to soak for a few seconds on each side.
3. In a skillet, melt the margarine over medium heat, then place the soaked bread slices. Cook for about 3 to 4 minutes on each side until golden brown.
4. Transfer the golden brown toast to plates and add your choice of toppings.

Notes

You can freeze the butternut squash puree in small containers and take it out whenever you want to make a soup, a sauce, or for this French toast recipe!



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