

Non-Dairy French Style Toast

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1 cup cashew pieces
3 cups warm water
2 TBS cornstarch
¼ cup flax seed
1 tsp vanilla
1 banana
¾ tsp salt
1 TBS lecithin
1 TBS oil¹
3 TBS maple syrup
¼ tsp coriander
¼ tsp cardamom

- ✓ Blend 1 cup of water and cashews on high speed 1-2 minutes until creamy. Add the rest of the ingredients plus another cup of water and continue to blend until thickened. Then add the last cup of water and repeat.
- ✓ Place in a flat pan or dish and dip generously both sides of a slice of bread and place on an oiled preheated griddle (300°), cooking each side until first side is browned and bottom side is done.

1 Preferably, olive oil, extra virgin, first cold pressing