Stuffed French Toast

Makes 4

One of my Fav breakfasts! A kid favorite too! I was on a DHA/Omega Fatty Acid Kick when I made these since its great for a deveolping baby's brain function, and seeing as how Im pregnant in my 3rd trimester...I topped mine with sliced bananas and walnuts. It would also be excellent with fresh berries and dusted with organic powdered sugar. :)

8oz Vegan cream cheese (I had a little less than that left in my tub...use whatever you have)

3 Tbsp Organic Powdered Sugar

3/4 tsp Vanilla

1 C Almond Milk (or other thicker non-dairy milk like soy)

1 Tbsp unbleached flour

1 tsp Cinnamon

1/2 tsp Organic Sugar

8 Slices Whole Grain or Sprouted Grain Bread

Vegan Butter

Bananas, sliced

Walnuts, coarsley chopped

Pure Maple Syrup

Mix together cream cheese, powdered sugar and vanilla. Set aside. If it seems too runny at all, add a little more sugar.

Mix together almond milk, flour, cinnamon and sugar in a shallow dish or pie plate.

Now you are going to make 4 sandwiches. Butter the OUTSIDES of the slices and spread the cream cheese mixture as the sandwich filling on the INSIDES. So, you should have 4 cream cheese sandwiches with buttered outsides. Heat a skillet over medium/high heat. You can use extra vegan butter if you like for lightly frying your french toast. Dip each sandwich in the milk mixture and coat both sides, Place in skillet to cook, turning occasionally while cooking, being careful not to let the filling melt all out (it will melt! so cook quickly).

Top each with sliced bananas & walnuts or other toppings of your choice. Depending on the type of bread you use, this may be soggier than your traditional french toast. Make sure the heat is med-high and to cook until browned on both sides. It will be softer but SOOOO yummy!!!!!