

Almond Crusted Patriot (French) Toast

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In your Bosch food processor process:

- flax seeds
- almonds

Add:

- 1 teaspoon vanilla powder
- 1 teaspoon cinnamon

Pour into a pie plate.

In the blender, whip up:

- 3 eggs
- 1 c milk
- 2 T maple syrup or Agave syrup mixed with maple extract

Pour into another pie plate. Quickly dip a slice of stale whole grain bread* in the egg mixture, then the almond mixture. Cook on a hot griddle. Serve with a dot of butter and more maple syrup. If your children are like my children, they want a quick spread of peanut butter, then a splash of maple syrup.** Lip licking good!

*When you soak & dehydrate your grains, very little bread becomes stale like in the old days! Our bread now stay soft & squishy for most of a week. In the old day, 3 days was max. Then it was French toast, grilled cheese or croutons.

****Mix ½ t of maple extract with 12 oz agave syrup for a delightful substitution of maple syrup. Agave is very low on the glycemic scale, so a great choice for diabetics. I use it in my plain yogurt.**