

McDougall Made Easy Recipes

For more ideas and recipes go to the “McDougall Made Easy DVD” section on our web site: www.drmcdougall.com.

Lesson 4: French Toast

This is a winner for almost everyone who likes French toast. I have been making this for years and have served it to many of our children’s friends who responded with smiles every time.

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 12

2 cups cashew milk (see recipe below)

3 tablespoons chopped dates

1/8 teaspoon cinnamon

dash turmeric

12 slices whole wheat bread

Place 1 cup of the cashew milk in a blender jar. Add the dates, cinnamon and turmeric. Process until well blended. Add remaining milk and blend again. Pour into a bowl. Dip slices of bread into the cashew mixture, coating well. Brown on a medium-hot non-stick griddle or frying pan, turning once so both sides are evenly browned.

Serve with pure maple syrup or fruit sauces or spreads.

RECIPE HINT: Use whole grain bread that is not too dense in this recipe so the batter can easily soak into the bread. These are easy to store for later use. Place them in individual zip-lock bags and refrigerate. Reheat in microwave. They may also be frozen and popped into the toaster for reheating.

CASHEW MILK

I have been making this for about 28 years now and it is still the best flavor for rich sauces and French toast. Make sure to use raw cashews, not roasted ones, and make sure to blend this thoroughly and then strain it to remove any pieces that did not get blended.

Preparation Time: 5 minutes

Servings: makes 2 cups

½ cup RAW cashews

2 cups water

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Place the cashews in a blender jar with 1 cup of the water. Process until very smooth. Add the remaining water and blend until no large pieces remain. This may take a minute or two. Strain after processing to remove any remaining pieces. Refrigerate until ready to use.