



Keto French Toast Sticks

Active Time: 1 hour | Total Time: 1 hour | Serves: 6

Nutrition Information Per Serving

343 calories, 11.51 g carbohydrate, 6.64 g fiber, 4.87 g NET carbs, 16.17 g protein, 27.54 g fat

Ingredients

- 1/3 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 2/3 Tbsp(s) coconut milk
- 1/3 cup(s) blanched almond flour
- 1 1/5 large(s) pastured eggs
- 1/10 tsp(s) sea salt
- 1/5 tsp organic cinnamon
- 1/5 tsp organic vanilla extract
- 1/10 cup(s) golden flaxseed, ground
- 1/5 Tbsp organic apple cider vinegar
- 1/10 tsp(s) baking soda

Preparation

1. First, make the bread. Preheat oven to 350 degrees F.
2. In a food processor, place the almond flour, coconut flour, flax, salt and baking soda. Pulse a few times until ingredients are combined.
3. Add 5 eggs and vinegar, and pulse a few more times until well combined and you have a thick batter.
4. Pour the batter into a 7.5 x 3.5 loaf pan greased lightly with coconut oil. Note: Using a pan that is larger may result in bread that does not rise properly.
5. Bake for about 30 minutes until top is browned.
6. Cool completely.
7. Now, make the French Toast.
8. Slice bread into slices and then into strips. Place in a single layer in a shallow baking dish.
9. In a blender or Magic Bullet, mix 2 eggs, coconut milk, cinnamon and vanilla until smooth. Pour wet ingredients over the bread and let stand 1 minute to absorb.
10. If Baking: Preheat oven to 350 degrees F. Lay slices on a greased baking sheet and bake 20-25 minutes.
11. If Frying: Preheat a cast-iron or enamel pan with coconut oil. Add slices and cook, flipping after 1-2 minutes or golden and cooking an additional minute to firm.
12. Serve warm with butter and Low Carb Syrup.
13. To make freezer-friendly, allow French toast/sticks to cool completely, and then place in freezer bags. Reheat for 5 minutes in toaster or toaster oven.

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