



# Whole Wheat French Toast

Joseph demonstrated godly wisdom in preparing for a food crisis.  
**Genesis 41:33-57**

## ingredients

- 1 heaping Tbsp chia seeds (whole or ground into a fine meal)
- 1/2 Tbsp maple syrup
- 1 cup unsweetened plant milk
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla flavoring
- 4 slices bread

**Whole grains grow as the kernel of a plant and are full of nutrients. Wheat, oats, rice and spelt are all examples of whole grains. Whole grains are good for your heart and they provide energy throughout the day. They are an important part of any balanced diet and a great way to start the day!**

## directions

- Mix all ingredients except the bread and place in refrigerator for 10-20 minutes to activate.
- Preheat skillet or griddle and spray with coconut oil or vegan butter.
- Dip slices of bread into batter on each side.
- Place on skillet or griddle and cook until golden brown. Flip and cook until golden brown on the other side.
- Top with fruit, non-dairy whipped cream, carob chips etc.!