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Pumpkin French Toast

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In my home, mornings make or break the mood of the day. That's why I'm so regimented when it comes to my time immediately after waking up! Some might call me crazy or Type A or even militant about my morning rituals.

But when it means the difference between beginning the day bright or burdened, I'm sticking to the routine that works!

I wake before the sun, seek some wisdom in His Word and make my way downstairs for a workout before my girls wake up. Once I'm tuned up, body and soul, I'm ready to face whatever the day (or my girls) toss my way!

Since it works so well for me, I also like to create routine and meaning in the morning for my two daughters. They rise when I've completed my workout and we have bins of their clothes for the day waiting for them. They know what's expected from dressing to brushing to reading the verse taped to their doors.

Once we reach the first floor, tummies are anxiously waiting for their morning reward. That's why preparation is so important. Sure, a couple times a week, I give them something simple like cereal or toast. But, many times I reach into the freezer for what I've pre-made. Muffins [1], an egg bake, waffles [2], pancakes [3]...or, this amazing fall French toast!

They have been begging for this so I thought I'd better share it when the season's still right!

I just remove a piece from the freezer for each girl, pop it in the toaster oven and prepare it with pure maple syrup. With that plus some fruit on the side, I can feel good about sending them on their way.

Recipe category

Food Fit for the Morning [4]

Restricted to members

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Ingredients

- ½ cup almond milk
- ½ cup pumpkin puree (canned or fresh)
- 2 teaspoons fresh or ½ teaspoon ground ginger (I used fresh)
- 1 teaspoon ground cinnamon
- ¼ teaspoon cloves
- ½ teaspoon nutmeg
- 5 eggs (I used cage free, organic)
- 1 tablespoon chia seeds (for good fats!)
- 3 to 4 medjool dates (pitted)
- Bread of your choice (I used Ezekiel, sprouted grain bread)
- Cooking spray/real butter/ghee (to coat the cooking surface)
- Pastured butter and pure maple syrup for the topping!

Recipe Instructions

- Put all of the ingredients except the bread into a food processor, blender or you can use an immersion blender.
- Blend until all the ingredients are well combined and pour them into a container that will allow you to coat the bread easily.
- Warm a large skillet or griddle. Coat the cooking surface with cooking spray, real butter or (my favorite) ghee.
- Coat the bread on both sides with the pumpkin/egg mixture.
- Place the bread on the cooking surface and cook for 3 minutes on each side, loosening the bread from the pan when necessary (to prevent sticking).
- Enjoy immediately topped with some real, pastured butter and pure maple syrup. If you have extra, cool completely and freeze for another morning.

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Recipe Description

Choose a nice hearty bread and ejnoy this taste of the season in the morning! We loved

this new recipe for it's warm pumpkin spice flavor but what makes it more wonderful is the nutritious start it'll give you for the day!

Source URL: https://www.livinghappilywhole.com/content/pumpkin-french-toast

Links
[1] https://www.livinghappilywhole.com/content/pumpkin-spice-muffins-simple-healthy-gluten-free
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