

Flaxseed Apple Butter French Toast with Fruit Compote

Compote

- 1/4 c. orange juice
- 1/4 c. pineapple juice
- 1/4 c. diced fresh pineapple
- 1/4 c. peeled and diced apple
- 1 tsp. grated orange peel
- 1 tsp. chopped fresh mint leaves

French Toast

- 1 Tbsp. ground flaxseed
- 3 Tbsp. apple butter
- 3/4 c. soymilk
- pinch of ground or grated nutmeg
- pinch of ground cinnamon
- pinch of salt
- 1 tsp. canola oil
- 4 large slices multigrain bread

In a medium saucepan, bring juices to a boil. Add pineapple, apple, and orange peel and cook until fruit is soft. Add mint and set aside. Combine ground flaxseed, apple butter, soymilk, nutmeg, cinnamon, and salt in a blender and mix until smooth.

Transfer soymilk mixture to a shallow pan. Heat a large sauté pan over medium heat and add canola oil. Dip both sides of bread into the soymilk mixture and transfer to a hot pan. Repeat for the remaining slices. Cook until golden brown on both sides. Reheat fruit compote and serve 1/4 cup with slice of French toast.