



# BEER BATTERED ANCIENT GRAIN FRENCH TOAST

YIELDS: 4 SERVINGS

We love to re-purpose our mixes to make new and exciting recipes but sometimes simplicity is the best. Here we took our Ancient Grain Pancake Mix and used it to make a delicious beer batter for French Toast. A good tasting beer adds a delicious richness to the French Toast but you can sub it for sparkling water instead.



## *Ingredients*

### FRENCH TOAST

- 2 cups Anita's Organic Ancient Grain Pancake Mix
- 1 tsp cinnamon
- 1/2 tsp vanilla powder (or 1 tsp extract)
- 2 tbsp neutral tasting oil
- 1.5 tbsp maple syrup
- 1/3 cup non - dairy milk (or regular)
- 355ml can good tasting beer (not too hoppy) (sub for sparkling water for child friendly version)
- 8 slices of day old sourdough bread
- Coconut oil (for frying)

### BLUEBERRY COMPOTE

- 1 cup frozen blueberries
- 1 tsp maple syrup
- To Serve - with other fresh fruits, maple syrup or coconut nectar or for special occasions whipped coconut cream.

## *Instructions*

1. In a large bowl whisk together the pancake mix, cinnamon and vanilla powder.
2. Make a well in the centre of the dry mixture and pour in the maple syrup, neutral tasting oil, milk and beer. Whisk the mixture together until smooth.
3. Leave the batter to stand for 10 minutes while you make the Blueberry Compote.
4. In a small, heavy based pan mix the blueberries and the maple syrup together. Over a low heat allow the blueberries to heat through and release their juices. The compote should thicken up as it cools but if you like a thicker, saucier mixture add a little corn starch (or arrowroot) mixed with a small amount of water to help thicken.

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5. Pre-heat a heavy bottomed fry pan or griddle with a little coconut oil over a medium heat until hot.
6. Dip 2 slices of bread into the batter mixture until fully coated. Drop onto fry pan or griddle and gently fry each side for 3 minutes – until the batter is cooked through and you have a nice, crispy golden crust. Keep warm in a warming oven until ready to serve. Repeat with the rest of the bread slices until they are all cooked.
7. Serve with the Blueberry Compote, Fresh Berries, drizzled with Maple Syrup or Coconut Nectar. Serve warm.