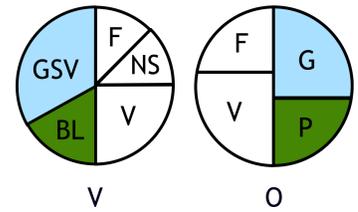




(D)



# French Toast

## Shopping Aid

Number of campers having french toast:           

Number of people this recipe will serve: 4

How many times do we need to make this recipe to serve everyone?            =           

Budget for this meal: \$2.50 \*            = \$           

Item	Recipe amount	x	= amount needed	Buy, bring, or in tub?	Cost
 Chickpea flour	1 cup				
Black salt (or regular)	1/2 tsp				
 Plant milk	1 1/2 cups				
Maple syrup	2 Tbsp+				
Vanilla extract	2 tsp				
Plant butter or oil	3-6 Tbsp				
 Thick-sliced bread	8-10 slices				
					

### Equipment

- Camp stove or charcoal
- Shallow bowl
- Fork
- Skillet
- Spatula