

# Vegan Sunrise French Toast Casserole

A hearty and flavorful vegan breakfast casserole with tofu, chickpeas, and a variety of vegetables. Perfect for a wholesome start to your day.

**PREP TIME:** 20 minutes

**COOK TIME:** 45 minutes

1 pkg firm tofu, drained and crumbled  
1 C chickpeas, cooked and drained  
1 lg loaf of vegan bread, cubed  
1 C unsweetened almond milk  
1/2 C nutritional yeast  
1/4 C maple syrup  
1 T ground flaxseed  
1 † cinnamon

1/2 † turmeric  
1/2 † black salt (kala namak)  
1 med bell pepper, diced  
1 med zucchini, diced  
1/2 C cherry tomatoes, halved  
1/2 C vegan sausage, crumbled  
1/4 C fresh parsley, chopped

**PREHEAT YOUR OVEN** to 350°F.

**IN A LARGE BOWL, MIX** the almond milk, nutritional yeast, maple syrup, ground flaxseed, cinnamon, turmeric, and black salt.

**ADD THE CUBED BREAD** to the mixture and toss to coat.

**IN A SEPARATE PAN, SAUTÉ** the crumbled tofu, chickpeas, bell pepper, zucchini, cherry tomatoes, and vegan sausage until the vegetables are tender.

**COMBINE THE SAUTÉED MIXTURE** with the bread mixture and stir well.

**TRANSFER THE MIXTURE** to a greased baking dish and spread evenly.

**BAKE FOR 45 MINUTES** or until the top is golden and crispy.

**GARNISH WITH FRESH PARSLEY** before serving.