

Recipes Knowledge Base

1 Breakfast

1.1 Pancakes

Ingredients:

- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup milk
- 1 large egg
- 2 tablespoons melted butter

Instructions:

1. In a medium-sized mixing bowl, sift together the flour, sugar, baking powder, baking soda, and salt. Ensure they are well combined.
2. In a separate bowl, whisk together the milk, egg, and melted butter until fully blended.
3. Gradually add the wet ingredients to the dry mixture, stirring gently. Do not overmix; a few lumps are fine.
4. Heat a non-stick skillet or griddle over medium heat and lightly grease it with butter or oil.
5. Pour about 1/4 cup of batter for each pancake onto the skillet.
6. Wait until bubbles form on the surface and the edges look set, then flip the pancakes. Cook until both sides are golden brown. Serve warm with your choice of syrup or toppings.

1.2 Smoothie Bowl

Ingredients:

- 1 frozen banana
- 1/2 cup frozen berries
- 1/4 cup Greek yogurt
- 1/4 cup almond milk
- Toppings: granola, fresh fruit, chia seeds

Instructions:

1. Add the frozen banana, berries, Greek yogurt, and almond milk to a blender.
2. Blend on high speed until the mixture is smooth and creamy, scraping down the sides as needed.
3. Pour the blended smoothie into a bowl.
4. Arrange granola, fresh fruit slices, and chia seeds on top for decoration and added texture. Enjoy immediately with a spoon.

1.3 Avocado Toast

Ingredients:

- 2 slices of bread
- 1 ripe avocado
- Salt and pepper to taste
- Optional toppings: cherry tomatoes, feta cheese

Instructions:

1. Toast the bread slices to your desired level of crispness.
2. Cut the avocado in half, remove the pit, and scoop out the flesh into a small bowl. Mash it with a fork until smooth but slightly chunky.
3. Spread the mashed avocado evenly over the toast slices.
4. Season with a pinch of salt and pepper. Add optional toppings like halved cherry tomatoes or crumbled feta cheese for extra flavor.

1.4 Scrambled Eggs

Ingredients:

- 3 large eggs
- 1 tablespoon butter
- Salt and pepper to taste

Instructions:

1. Crack the eggs into a bowl, add a pinch of salt, and whisk vigorously until fully mixed.
2. Heat a non-stick skillet over medium-low heat and melt the butter.
3. Pour the eggs into the skillet and let them set slightly before stirring gently with a spatula.
4. Continue stirring until the eggs are softly cooked and creamy. Remove from heat promptly to avoid overcooking.

1.5 Oatmeal

Ingredients:

- 1/2 cup rolled oats
- 1 cup milk or water
- Toppings: honey, nuts, fruit

Instructions:

1. In a medium-sized pot, bring the milk (or water) to a boil over medium heat.
2. Stir in the oats, salt, and cinnamon (if using).
3. Reduce the heat to low and simmer, stirring occasionally, for about 5-10 minutes, until the oats have absorbed the liquid and the oatmeal has thickened to your desired consistency.
4. Remove from heat and stir in the maple syrup or honey if desired.
5. Pour the oatmeal into bowls and top with your favorite toppings like fresh fruit, nuts, seeds, or a dollop of nut butter.
6. Serve warm and enjoy your wholesome breakfast!

1.6 French Toast

Ingredients:

- 2 slices of bread
- 1 egg
- 1/4 cup milk
- 1/2 teaspoon cinnamon
- Butter for cooking

Instructions:

1. In a shallow bowl, whisk the egg, milk, cinnamon, and vanilla extract (if using) until the mixture is smooth and well-combined.
2. Heat a non-stick skillet over medium heat and add a small knob of butter. Swirl the pan to coat the surface evenly as the butter melts.
3. Dip one slice of bread into the egg mixture, ensuring both sides are fully coated but not overly soaked to prevent sogginess.
4. Place the coated bread slice onto the hot skillet and cook for 2-3 minutes on one side, or until it turns golden brown and slightly crispy.
5. Flip the bread using a spatula and cook for another 2-3 minutes on the other side, ensuring even browning.
6. Repeat the process with the second slice of bread, adding more butter to the skillet if needed.
7. Serve the French toast warm with your choice of toppings, such as maple syrup, a dusting of powdered sugar, or fresh fruits for added flavor and texture.

1.7 Breakfast Burrito

Ingredients:

- 2 large eggs
- 1/4 cup milk (optional, for fluffier eggs)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon butter or oil
- 1/4 cup cooked breakfast sausage (optional)
- 1/4 cup shredded cheese
- 1/4 cup diced bell peppers (optional)
- 1/4 cup diced onions (optional)
- 1/4 cup salsa or pico de gallo
- 1 large flour tortilla
- Avocado slices (optional)
- Hot sauce (optional)

Instructions:

1. In a bowl, whisk together the eggs, milk (if using), salt, and pepper.

2. Heat butter or oil in a skillet over medium heat. If you're adding vegetables, sauté them until softened, about 3-4 minutes.
3. Pour the egg mixture into the skillet and cook, stirring occasionally, until the eggs are fully cooked but still soft and fluffy.
4. If using cooked sausage, add it to the skillet and mix it with the eggs.
5. Remove the skillet from the heat and set the egg mixture aside.
6. Warm the flour tortilla in a separate skillet or microwave for about 20-30 seconds until soft.
7. On the warm tortilla, spoon the scrambled eggs and sausage mixture in the center. Top with shredded cheese, salsa, and avocado slices.
8. Fold the sides of the tortilla in and then roll it up from the bottom to form a burrito.
9. Serve immediately with additional salsa or hot sauce on the side.

1.8 Yogurt Parfait

Ingredients:

- 1 cup Greek yogurt
- 2 tablespoons honey or maple syrup (optional)
- 1/2 cup granola
- 1/2 cup fresh berries
- 1 tablespoon chia seeds or flaxseeds (optional)
- 1 tablespoon nuts, chopped (optional)

Instructions:

1. In a bowl, mix the Greek yogurt with honey or maple syrup to sweeten it (optional).
2. In a glass or bowl, start layering your parfait with yogurt at the bottom.
3. Add a layer of granola, followed by fresh berries.
4. Repeat the layers until the glass or bowl is filled.
5. Top with seeds and chopped nuts if using.
6. Serve immediately or refrigerate for later.

2 Lunch

2.1 Caesar Salad

Ingredients:

- 1 head romaine lettuce, chopped
- 1/2 cup croutons
- 1/4 cup grated Parmesan cheese
- Caesar dressing:
 - 1/4 cup mayonnaise
 - 1 tablespoon Dijon mustard
 - 1 tablespoon lemon juice

- 1 garlic clove, minced
- 1 teaspoon anchovy paste (optional)
- 1 teaspoon Worcestershire sauce
- 1/4 cup olive oil
- Salt and pepper to taste

Instructions:

1. In a small bowl, whisk together mayonnaise, Dijon mustard, lemon juice, garlic, anchovy paste, and Worcestershire sauce.
2. Slowly drizzle in olive oil while whisking until emulsified. Season with salt and pepper.
3. Toss chopped romaine with dressing until coated.
4. Add croutons and Parmesan, toss again.
5. Serve immediately with extra Parmesan if desired.

[Additional recipes continued...]

3 Dinner

3.1 Spaghetti Bolognese

Ingredients:

- 200g spaghetti
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 200g ground beef
- 1 can (400g) tomato sauce
- Salt and pepper to taste

Instructions:

1. Cook spaghetti according to package instructions.
2. Heat olive oil in a pan and sauté onion and garlic.
3. Add ground beef and cook until browned.
4. Stir in tomato sauce and simmer for 10 minutes.
5. Serve sauce over spaghetti.

[Remaining dinner recipes...]