

How to Cook Breakfast

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How to Cook Breakfast

These instructions will teach you how to cook delicious breakfast meals!

Just for you mom, I have prepared protein packed recipes like bacon pancakes and bacon and cheese omelettes. I know you don't cook much, so I made the recipes simpler (aka bisquick and store bought yogurt). I'm sure you'll love it!

How to Cook an Omelette

These instructions will teach you how to make a delicious breakfast omelette to keep you going throughout your day!

Ingredients/Tools Required:

- 2 slices of Bacon
- 1/4 of an Onion
- 1 Large Mushroom
- 1 Large Egg
- 1 tablespoon of Heavy Cream
- 2 slices of American cheese
- Salt (desired amount)
- Pepper (desired amount)
- Bowl
- Whisk
- Spatula
- Plate
- Fork
- Knife

1 serving of omelette

1. Prepare skillet on medium heat
Be careful, as tool will be hot
2. Mince with a knife 2 slices of bacon, 1/4 of onion, and 1 large mushroom
Be extra careful using a knife not to slice your fingers
3. Cook the bacon first on the skillet
a) Add onions and mushrooms to the skillet after fat from bacon has melted onto the skillet
4. Stir the mixture on the skillet until golden brown
5. Add salt and pepper, as much as you desire for taste
6. Leave the ingredients in the pan on low heat and crack your 1 large egg in a bowl
7. Whisk your egg with 1 tablespoon of heavy cream
Mix thoroughly to make sure ingredients do not clump together
8. Distribute evenly the ingredients already on the skillet so ingredients don't clump together
9. Pour egg mixture evenly into the pan
10. Add 2 slices of American cheese onto the middle of the skillet
11. Fold the left and right sides of the omelette with a spatula after cheese has melted
12. Take omelette carefully out of a skillet onto a plate and enjoy with fork and knife



Figure 1: Bacon and Cheese Omelette

How to Make Pancakes

These are instructions to make a quick and easy, but delicious and fluffy breakfast pancake!

Ingredients/Tools Required:

- 12 slices of bacon
- 2 cups of Original Bisquick Mix
- 1 cup Milk
- 2 Eggs
- Syrup (desired amount)
- Medium Bowl
- Plate
- Knife
- Fork

12 servings of pancakes

1. Prepare skillet on medium heat
Be careful, as tool will be hot
2. Cook 12 slices of bacon until crispy
3. Prepare the batter by mixing 2 cups of bisquick, 2 eggs, and 1 cup of milk in a medium bowl
Mix thoroughly to make sure ingredients do not clump together
4. Place the bacon strips evenly around the skillet
5. Pour the batter mix evenly around each bacon strip
6. Cook the batter and strip for 2-3 minutes until golden brown
7. Serve with a desired amount of syrup
8. Enjoy your meal on a plate with a knife and fork



Figure 2: Bacon Pancakes

How to make a Breakfast Sandwich

These instructions will show you how to make a delicious breakfast sandwich that'll keep you full in the morning

Ingredients/Tools Required:

- 4 slices of Bacon
- 2 slices of White Bread
- 1 cup of Spinach
- 1 tablespoon Butter
- 2 tablespoons Ketchup
- 2 Eggs
- Plate
- Spatula

1 serving of a sandwich

- 1.
2. Cook 4 slices of bacon onto the skillet until brown
3. Crack 2 eggs onto the skillet and cook sunny side up until fully cooked
4. Butter up one side of each of the slices of white bread
5. Toast bread onto skillet with the buttered side down
 - a) Spread all ingredients on the skillet evenly so they can all cook evenly
6. Put one of the toasted breads onto the plate with buttered side down
7. Put cooked eggs, spinach, bacon, and ketchup on top of the bread on the plate with a spatula
8. Put the other slice of toasted bread onto the sandwich with buttered side up
9. Enjoy your sandwich



Figure 3: Bacon and Egg Sandwich

How to make a Smoothie

This recipe will allow you to make a delicious smoothie to start your day off right!

Ingredients/Tools Required:

- 1 cup Soy Milk
- 1/2 cup Rolled Oats
- 1 Banana
- 14 Frozen Strawberries
- 1/2 teaspoon Vanilla Extract
- 1 1/2 teaspoons White Sugar

- Blender
- Large Cup

1 serving of smoothie

Instructions

1. Plug in the blender into the wall
2. Slice up 1 banana
3. Put in 1 cup of soy milk, 1/2 cup of rolled oats, 1 sliced banana, 14 frozen strawberries, 1 1/2 teaspoon of vanilla extract, and 1 1/2 teaspoons of white sugar into in blender
4. Put the blender lid cover on top of the machine and hit the blend button
Mix thoroughly to make sure ingredients do not clump together
5. Pour mixture into a large cup and enjoy



Figure 4: Fruit Smoothie

How to make Breakfast Yogurt

These instructions will show you how to make a more complex yet delicious breakfast yogurt

Ingredients/Tools Required:

- 1 cup Greek Yogurt bought from Kroger
- 1/4 cup Oats
- 2 slices of Bacon
- 4 Strawberries
- 1 teaspoon White Sugar
- 1/2 cup of Fireball Liquor
- Bowl
- Oven
- Oven Tray
- Knife
- Oven Mitts
- Spoon

1 serving of smoothie

1. Preheat oven to 350 degrees fahrenheit
2. Put 2 slices of bacon onto oven tray and cover with 1/2 cup of Fireball liquor and put tray into oven

Be careful, as tool will be hot

3. Slice 4 strawberries with a knife while bacon is cooking

Be extra careful using a knife not to slice your fingers

4. Take bacon out of the oven with oven mitts when golden brown and candied

Be careful, as tool will be hot

5. Wait for bacon to cool and pour 1 cup greek yogurt into a bowl

6. Mix 1 teaspoon white sugar, 1/4 cup of oats, and 4 sliced strawberries with greek yogurt in bowl with spoon

Mix thoroughly to make sure ingredients do not clump together

7. Break cooled candied bacon with hands on top of yogurt mixture

8. Enjoy yogurt with a spoon



Figure 5: Candied Bacon yogurt

How to Properly and Thoroughly Clean the Kitchen

These instructions will teach you how to clean dishes, tabletops, tools, and also teach you what materials to clean them with

Please ignore this task as I know you have cleaned our kitchen so many times over the years. I should not be teaching a master.

Dirty Things/Tools Required:

- Dirty Dishes
- Dirty Bowls
- Dirty Utensils
- Dirty Countertops
- Dirty Blender
- Dirty Skillet
- Dawn Dishwash Soap
- Paper Towels
- Scouring Pad
- Sponge
- Sink
- Washing Machine
- Saran Wrap

1. Throw away all packages and food that cannot be used in the future
2. Wrap all usable extra food in saran wrap and store in the fridge
3. Gather all dirty dishes, dirty bowls, dirty utensils, and dirty skillets if any was used into the left side of the sink
4. Lather the sponge with Dawn dishwash soap and beginning scrubbing the kitchen items
Be careful of sharp that might be in the pile and keep sharp eye on avoiding getting cut

5. Scrub hard to get rid of food on the kitchen items with the scouring pad
Do not scour too hard or you will make marks on the kitchen item
6. Rinse off the soap on the right side of the sink after scrubbing and set in washing machine to dry
7. Disassemble the blender's glass top, blades, and lid from the machine
Do not wash electrical parts of blender
8. Lather the sponge with Dawn dishwash soap and beginning scrubbing the blender parts
Be careful of sharp that might be in the pile and keep sharp eye on avoiding getting cut
9. Scrub hard to get rid of food on the kitchen items with the scouring pad
Do not scour too hard or you will make marks on the kitchen item
10. Rinse off the soap on the right side of the sink after scrubbing and set parts in washing machine to dry
11. Wet paper towels with water and wipe stains off of countertops
 - a) Use a drop of Dawn dishwash soap on wet paper towel if stain on countertop is refusing to come off and wipe again
12. Throw away dirty towels

Make sure the sink's water has been turned off and the lights have been turned off when you leave the kitchen

Troubleshooting

The blender is not blending properly

The blender is not plugged in

- Plug the blenders plug into the wall

The blender is malfunctioning and needs to restart

- Hit the restart button located on the right most side of the blender

The mixture in the blender is too thick

- Restart the recipe with more liquid contents or less solid contents

The blades in the blender are worn out

- Need to purchase new blender blades and put them in

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Candied Bacon Yogurt Recipe

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Bacon Sandwich

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