

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 Armando, I have prepared vegan friendly recipes like a tofu omelette and a chia smoothie. I know you're trying to eat healthier and learn how to cook healthier food to impress the ladies so I added some complex handmade recipes. 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:

- 1 Large Mushroom
- 3/4 cup Firm Silken Tofu
- 2 tablespoons Hummus
- 2 Large Minced Cloves Garlic
- 1/4 tablespoons Paprika
- 1/2 Diced Tomato
- 1 tablespoon Olive Oil
- 2 tablespoons of Water
- 1/2 Diced Spinach
- 1 tablespoon cornstarch
- Salt (desired amount)
- Pepper (desired amount)
- Bowl
- Whisk
- Spatula
- Plate
- Fork
- Knife
- Oven
- Oven Tray
- Food Processor
- Oven Mitts

1 serving of omelette

1. Prepare skillet on medium heat
Be careful, as tool will be hot
2. Mix thoroughly to make sure ingredients do not clump together
3. Prepare oven to 375 degrees fahrenheit
4. Mince up 3/4 cup of tofu, 2 large cloves of garlic, and 1 tablespoon of cornstarch and put into food processor
Mix thoroughly to make sure ingredients do not clump together
5. Add 2 tablespoons of water to the mixture to thin it out
6. Add 1 tablespoon of olive oil to the skillet
7. Mince 1 large mushroom and mix with 1/2 diced Spinach, 1/2 diced tomato and put into skillet
8. Cook vegetables on low heat and put in tofu mix flat onto oven tray

9. Put tofu mix into the oven and cook until golden brown
Be careful, as tool will be hot
10. Take out the tofu (now cooked) with oven mitts onto a plate
Be careful, as tool will be hot
11. Pour the cooked vegetables and 2 tablespoons of hummus onto the cooked tofu
12. Add 1/4 tablespoons of paprika and desired amount of salt and pepper for taste
13. Take omelette carefully out of a skillet onto a plate and enjoy with fork and knife



Figure 1: Vegan Omelette

- Wash all used dishes and utensils with dishwasher soap
- Clean all used bowls with warm water and dishwasher soap
- Clean dirty counter tops with paper towels and water
- Clean all used tools

If you do not know the details to properly and thoroughly clean dishes or the kitchen, please refer to [How to Properly and Thoroughly Clean the Kitchen](#) on page 8

How to Make Pancakes

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

Ingredients/Tools Required:

- 1 1/4 cups All-Purpose Flour
- 2 tablespoons White Sugar
- 1/2 teaspoon Salt
- 1 1/4 cups Water
- 2 teaspoons Baking Powder
- 1 tablespoon Oil
- Medium Bowl
- Small Bowl
- Whisk
- Plate
- Knife
- Fork

3 servings of pancakes

1. Prepare skillet on medium heat
Be careful, as tool will be hot
2. 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

- 3.
4. Mix 1 1/4 cups of flour, 2 tablespoons white sugar, 2 teaspoons baking powder, 1/2 teaspoons of salt in a bowl
Mix thoroughly to make sure ingredients do not clump together
5. Mix 1 1/4 water and 1 tablespoon of oil in a small bowl
6. Mix together the wet and dry mixtures
Mix thoroughly to make sure ingredients do not clump together
7. Pour evenly large drops of the batter on the skillet
8. Cook until golden brown
9. Enjoy your meal on a plate with a knife and fork



Figure 2: Vegan Pancakes

- Wash all used dishes and utensils with dishwasher soap
- Clean all used bowls with warm water and dishwasher soap
- Clean dirty counter tops with paper towels and water
- Clean all used tools

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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:

- 1 cup of Spinach
- 1 large Garlic Clove
- 2 slices of Sprouted-Grain Bread
- 2 tablespoons Hummus
- 1/2 Avocado
- 2 Tomatos
- 3 leafs of Lettuce
- pinch of Red Pepper Flakes
- pinch of Salt and Pepper
- Plate
- Spatula

1 serving of a sandwich

- 1.
2. Toast the two slices of sprouted-grain bread on the skillet
3. Mince or slice 1/2 avocado, 2 tomatoes, and one large garlic clove while bread is toasting
4. Put one slice of toasted bread onto the plate
5. Spread the hummus onto the bread slice on the plate with a spatula
6. Add minced avocado, tomatoes, garlic clove, 1 cup of spinach, a pinch of red pepper flakes, and a pinch of salt and pepper on top of the bread on the plate
7. Put the other slice of toasted bread onto the sandwich
8. Enjoy your sandwich



Figure 3: Vegan 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 Banana
- 1 cup Almond Milk
- 1 tablespoon Coconut Oil
- 2 tablespoons Chia Seeds
- 1 teaspoon Powdered Ginger
- Blender
- Large Cup

1 serving of smoothie

Instructions

1. Plug in the blender into the wall
2. Slice up 1 banana
3. Put 1 cup of almond milk, 1 tablespoon of coconut oil, 2 tablespoons of chia seeds, and 1 teaspoon of powdered ginger into the 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
Do not remove the lid or put your hand into the blender as it blends, you will lose a finger
5. Pour mixture into a large cup and enjoy



Figure 4: Vegan Smoothie

- Wash all used dishes and utensils with dishwasher soap
- Clean all used bowls with warm water and dishwasher soap
- Clean dirty counter tops with paper towels and water
- Clean all used tools

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How to make Breakfast Yogurt

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

Ingredients/Tools Required:

- 1/2 tablespoon Psyllium Husks Powder
- 1 pinch Sea Salt
- 1 1/2 cup Cashew Nuts
- 2 fresh Soft Dates
- 2 tablespoons Lemon Juice
- 10 teaspoons Water
- 1/2 cup Water (separate from 10 tablespoons of water)
- Bowl
- Blender
- Knife
- Spoon

1 serving of smoothie

1. Combine 1/2 tablespoon psyllium husks powder with 1/2 cup water in a bowl
2. Put 1 1/2 cup cashew nuts, 2 tablespoons of lemon juice, 10 teaspoons of water, and 2 soft dates into the blender
3. 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
 Do not remove the lid or put your hand into the blender as it blends, you will lose a finger
4. Mix nut and date mixture with psyllium mixture
 Mix thoroughly to make sure ingredients do not clump together
5. Enjoy yogurt with a spoon



Figure 5: Vegan Yogurt

- Wash all used dishes and utensils with dishwasher soap
- Clean all used bowls with warm water and dishwasher soap
- Clean dirty counter tops with paper towels and water
- Clean all used tools

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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

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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