

Mom Breakfast Guide

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Breakfast Guide for Mom

Our goal is to create in depth recipes that are adapted to our fictional Mom. Mom absolutely loves fattening foods high in cholesterol, so making breakfast for her should be fairly simple and fun. Also, Mom hates using computers, so we need to make a final deliverable that she can easily access and understand.

Blueberry Oatmeal Waffles for Mom

For this recipe, Mom will need the following: 2/3 cups all purpose flour, 1/2 cup quick-cooking oats, 1 tablespoon brown sugar, 1 teaspoon baking powder, 1/2 teaspoon salt, 2/3 cup milk, 1 egg, 1/4 cup canola oil, 1 teaspoon lemon juice, 1/4 cup ground pecans, and 1/2 cup fresh or frozen blueberries.

1. In a bowl, combine the flour, oats, brown sugar, baking powder and salt. Combine the milk, egg, oil and lemon juice; stir into dry ingredients and mix well. Add in pecans and blueberries. Let stand for 5 minutes
2. Bake in our waffle iron until golden brown. This will make two 6 inch waffles.

Banana Nut Bread For Mom

For this recipe, Mom will need the following:

1 1/2 cups whole wheat flour, 1 teaspoon baking soda, 1 teaspoon baking powder, 1 teaspoon ground cinnamon, 4 medium size ripe bananas mashed, 1/2 cup sugar, 1 large egg, 2 tablespoons canola oil, 2 teaspoons vanilla extract, 1/2 cup chopped walnuts, toasted, cooking spray.

1. Stir together the flour, baking soda, baking powder and cinnamon in a large bowl
2. Add in the bananas, sugar, egg and canola oil and stir until batter is smooth and thick
3. Pour into a 9x5 inch pan after coating it with cooking spray
4. Bake at 350 degrees for 55 minutes or until a wooden toothpick inserted in the middle reveals no residue

Apple Bacon/Tempeh Breakfast Burrito for Mom or Armando

For this recipe, Mom or Armando will need the following: olive oil for pan, 4 strips of apple wood smoked bacon, or shiitake mushrooms and tempeh for Armando, 1/2 cup of diced apples, 1/4 chopped onion, 3 eggs, or 2 cups Ener-G Egg Replacer for Armando, salt and pepper, 4 small corn tortillas, 1/2 cup of grated swiss cheese or crumbled tofu for Armando

1. In a small bowl, whisk the eggs or Egg Replacer with a dash of salt and pepper, then line a bowl with foil and set mix aside
2. Over medium heat, cook the bacon or shiitake mushrooms in a large saute pan. Add in the apples and onions to sautee in pan
3. Crumble in the bacon or the tofu if Armando, season it with salt and pepper and set inside the lined bowl
4. Over medium heat, add eggs or Egg Replacer into pan until fluffy and soft. Mix apples, onions and bacon/tofu mixture to each corn tortilla to your size liking
5. Fold each tortilla at each end and roll into small burrito. Turn heat to low and allow to rest inside pan for 3-5 minutes

French Toast for Mom or Armando

For this recipe, Mom or Armando will need the following ingredients: 8 Slices of French Bread, Vegan French for Armando, 2 cups of milk, soy or rice milk for Armando, 2 tablespoons butter, 4 tablespoons tofu for Armando, 2 teaspoons of cinnamon, 1 teaspoon vanilla

1. In blender, blend all ingredients except the bread. Transfer the mixture in a short bowl
2. Dip slices of bread in appropriate batter, and add extra cinnamon to liking

3. Place bread in frying pan over medium heat and simmer until brown on each side
4. Top with fresh fruit if available