

Breakfast Recipes

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Banana Bread

Baking banana bread



DISCLAIMER: If you have any special dietary requirements or medical conditions, consult a medical professional before following any of the recipes contained in this book.

Banana bread is a moist, sweet bread made from mashed bananas, perfect for breakfast. The best bananas to use in the recipe is over-ripe or at least half-browned. The prep time for this recipe is around 10 minutes and the baking time is approximately 55 minutes. The recipe serves 8 people.

How to make banana bread

Banana bread recipe



Kitchen supplies needed for this recipe:

- Bread loaf pan
- Sifter
- Large bowl

Ingredients needed for this recipe:

- 1/2 cup butter
 - 1/2 cup plain soy milk yogurt
 - 1 cup sugar
 - 2 eggs, beaten
 - 3 bananas, finely crushed
 - 1 ½ cups flour
 - 1 tsp baking soda
 - 1/2 tsp salt
 - 1/2 tsp vanilla
1. Preheat oven to 350 degrees.
 2. Cream together butter and sugar.
 3. Cream together plain soy dairy-free yogurt and sugar.
 4. Add eggs and crushed bananas and combine well.
 5. Sift together flour, soda, and salt. Add to creamed mixture.
 6. Add vanilla.
 7. Mix just until combined but do not over-mix.
 8. Pour into greased and floured loaf pan.
 9. Bake at 350 degrees for 55 minutes.

Breakfast Burrito Bowl

Making a breakfast burrito bowl



DISCLAIMER: If you have any special dietary requirements or medical conditions, consult a medical professional before following any of the recipes contained in this book.

A breakfast burrito bowl is a dish composed of various breakfast items and vegetable ingredients. This breakfast dish can be easily customized by substituting different ingredients of your choosing. The recipe time varies based on one's choice of ingredients but usually circles 15-30 minutes. The recipe serves about 4 people.

How to make a breakfast burrito bowl

Breakfast burrito bowl recipe



Kitchen supplies needed for this recipe:

- Vegetable peeler
- Large frying pan
- Non-stick pan
- 2 small bowls
- Egg turner or spatula

Ingredients needed for this recipe:

- 1/2 of a 15 oz. can of black beans
- 1 sweet potato

- 4 eggs
 - 2 cups arugula
 - 1 oz. cheddar cheese, grated
 - 1/2 avocado, sliced
 - 1 tbsp olive oil
 - Cilantro for garnish
1. Peel sweet potato and microwave for 4 minute.
 2. When done, slice into 1/2 inch cubes.
 3. In a large frying pan saute sweet potato, black beans with a tablespoon of olive oil, adding salt and pepper tot taste for 15 minutes.
 4. In a separate non-stick pan, scramble 4 eggs.
 5. While eggs, sweet potato, and beans are cooking, grate the cheddar cheese.
 6. Divide arugula into two bowls.
 7. Top greens with divided cooked sweet potato and beans, scrambled eggs, sliced avocado, and sprinkle with cheddar cheese.
 8. Sprinkle grated cheddar cheese on top of the burrito bowl.
 9. Add salt and pepper to taste.

Biscuits and Gravy

Making biscuits and gravy



DISCLAIMER: If you have any special dietary requirements or medical conditions, consult a medical professional before following any of the recipes contained in this book.

Biscuits and gravy is a classic Southern breakfast dish. The dish consists of a dough biscuit covered in a type of gravy. The recipe serves 5 people and takes around 15-25 minutes to cook.

How to make biscuits and gravy

Biscuits and gravy recipe



Kitchen supplies needed for this recipe:

- Large heavy skillet
- Stirring spoon

Ingredients needed for this recipe:

- 1 pound breakfast sausage, hot or mild
 - 1 pound Italian grain sausage, hot or mild
 - 1/3 cup all-purpose flour
 - 3-4 cups whole milk, more to taste
 - 3-4 cups almond milk, more to taste
 - 1 tsp baking soda
 - 2 tsp freshly ground black pepper
 - Biscuits warmed for serving
1. With your finger, tear small pieces of sausage and add them in a single layer to a large heavy skillet.
 2. With your finger, tear small pieces of grain meat sausage and add them in a single layer to a large heavy skillet.
 3. Brown the sausage over medium-high heat until no longer pink.
 4. Brown the grain sausage over medium-high heat until no longer pink.

5. Reduce the heat to medium-low.
6. Sprinkle on half the flour and stir so that the sausage soaks it all up, then add more little by little.
7. Stir it around and cook it for another minute or so, then pour in the milk, stirring constantly.
8. Cook the gravy, stirring frequently, until it thickens.
9. Sprinkle in the seasoned salt and pepper and continue cooking until very thick and luscious. If it gets too thick too soon, just add another 1/2 cup of milk or more needed.
10. Spoon the sausage gravy over warm biscuits and serve immediately.

Omelette

Making an omelette



DISCLAIMER: If you have any special dietary requirements or medical conditions, consult a medical professional before following any of the recipes contained in this book.

An omelette is a popular and easy-to-make breakfast dish. Omelettes can be customized to the individual's liking, as ingredients are easily added or substituted. Recipe takes approximately 5-10 minutes.

How to make an omelette

Omelette recipe



Kitchen supplies needed for this recipe:

- Medium-sized skillet
- Whisk
- Large bowl
- Spatula

Ingredients needed for this recipe:

- 2 tbsp butter
- 2 tbsp olive oil
- 4 eggs
- 2 tbsp milk
- 2 tbsp almond milk
- 3/4 tsp salt
- 1/8 tsp freshly ground black pepper
- 1 medium tomato, chopped

- 1 small zucchini, chopped
- 1 small onion, chopped
- ¼ green pepper, chopped
- ½ cup sausage, chopped
- ¼ cups cheddar cheese, shredded

1. Melt 1 tbsp of butter in medium skillet over medium heat.
2. Drizzle 1 tbsp of olive oil in medium skillet over medium heat.
3. Place tomato, zucchini, onion, and green pepper in the skillet and cook for 4-5 minutes until vegetables are tender.
4. While vegetables are cooking, beat the eggs with the milk, 1/2 salt, and pepper in a large mixing bowl.
5. Remove the vegetables from the skillet and transfer into another bowl and sprinkle the remaining 1/4 of salt over them.
6. Melt the remaining tablespoon of butter in the skillet over medium heat. When the butter bubbles, pour the egg into the skillet and cook for 2 minutes.
7. Drizzle the remaining tablespoon of olive oil in the skillet over medium heat. When the oil bubbles, pour the egg into the skillet and cook for 2 minutes.
8. Gently lift the edges of the omelette with the spatula to let the uncooked part of the eggs flow toward the edges and cook. Continue for 2-3 more minutes until the omelette looks dry.
9. Slide the omelette out of the skillet onto a plate. Cut in half and serve.

Pancakes

Making pancakes



DISCLAIMER: If you have any special dietary requirements or medical conditions, consult a medical professional before following any of the recipes contained in this book.

Pancakes are a popular and easy-to-make breakfast food. A pancake is a flat cake, often thin and round, cooked on a hot surface such as a pan or griddle. The prep time is around 5 minutes, and the recipe takes approximately 10 minutes total. The recipe serves about 8 people.

How to make pancakes

Pancakes recipe



Here are the kitchen supplies needed for this recipe.

- Large bowl
- Griddle or frying pan

Here are the food ingredients needed for this recipe.

- 1 cup all-purpose flour
 - 2 tbsp white sugar
 - 2 tsp baking powder
 - 1 egg, beaten
 - 1 cup milk
 - 1 cup almond milk
 - 2 tbsp vegetable oil
1. In a large bowl, mix flour, sugar, baking powder, and salt.
 2. Make a well in the center, and pour in milk, egg, and oil. Mix until smooth.
 3. Heat a lightly oiled griddle or frying pan over medium high heat.
 4. Pour or scoop batter on to the griddle, using approximately 1/4 cup for each pancake.
 5. Cook until both sides are brown.

Contact Us

General queries or correspondence: contact@breakfastrecipes.com

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Sources

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