

Breakfast Recipes for Mom

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Breakfast

With these recipes, you can quickly make your own delicious breakfast! You are welcome to all of the materials in my kitchen.

Pancakes Recipe

These pancakes can be paired with toppings of your choice, such as fruit.

Materials for this recipe include a measuring cup, a mixing bowl, a skillet, and a stovetop. The ingredients are as follows:

- 1¼ cups of all-purpose flour
- 1½ cups of all-purpose flour
- 2 tablespoons of white sugar
- 2 teaspoons of baking powder
- 3½ teaspoons of baking powder
- ½ teaspoon of salt
- 1 teaspoon of salt
- ¼ cups of water
- 1 tablespoon of coconut oil
- 1 tablespoon of white sugar
- 1¼ cups of milk
- 1 egg
- 3 tablespoons of butter, melted
- maple syrup

How to make:

1. Sift the flour, sugar, baking powder, and salt into a large bowl.
2. With the exception of the oil, pour the rest of the ingredients into the bowl, and stir until blended.
Mixture will be lumpy.
Mixture will be smooth.



Figure 1: Pancake Mixture

3. Heat a lightly oiled skillet over medium-high heat.
4. Pour the batter onto the skillet, making the size of the pancake to your preference.
5. Cook until bubbles form and the edges are dry.



Figure 2: Pancake Ready to Flip

6. Flip, and cook until lightly browned on the other side.
7. Repeat with remaining batter.
8. Top the pancakes with fruits of your choice, or just pour some maple syrup on top, and enjoy!

Burrito Recipe

These burritos make for a quick breakfast you can eat on the go!

Materials for this recipe include a measuring cup, a mixing bowl, a skillet, and a stovetop. The ingredients are as follows:

- 1¼ cups of all-purpose flour
- 1½ cups of all-purpose flour
- 2 tablespoons of white sugar
- 2 teaspoons of baking powder
- 3½ teaspoons of baking powder
- ½ teaspoon of salt
- 1 teaspoon of salt
- ¼ cups of water
- 1 tablespoon of coconut oil

- 1 tablespoon of white sugar
- 1¼ cups of milk
- 1 egg
- 3 tablespoons of butter, melted
- maple syrup

How to make:

1. Press/drain the tofu overnight to remove water
2. Pierce sweet potatoes with fork a few times. Place in microwave on high for 4-6 minutes. Remove the skin and put the potatoes in a medium bowl. Mash with a fork, set aside.
3. Cook the breakfast sausage according to package directions.
4. Crumble the tofu into a consistency that resembles scrambled eggs.
5. In a separate large bowl, add breakfast sausage, black beans, cumin, and chili powder. Stir to combine then set aside.
6. In a separate bowl, beat egg whites together. Spray a skillet with cooking spray and place over medium-low heat. Cook egg whites, folding every few minutes until cooked.
7. Add breakfast sausage, black beans, cumin, and chili powder into skillet. Cook for 5 minutes. Remove from heat.
8. In a large skillet over medium heat, add black beans, cumin, chili powder, and tofu. Cook for 7 minutes. Remove from heat.
9. To assemble the breakfast burrito, smear some sweet potato over the area of a tortilla. Add the innerds, then roll up.

French Toast Recipe

This french toast can be paired with toppings of your choice, such as fruit.

Materials for this recipe include a measuring cup, a bowl, a skillet, and a stovetop. The ingredients are as follows:

- 6 thick slices of bread
- 1 cup milk
- 1 cup soy or almond milk
- 2 tablespoons of chickpea flour
- 2 tablespoons of nutritional yeast
- 1 tablespoon of maple syrup or date honey
- ½ teaspoon of salt
- 1 tablespoon of coconut oil
- pinch of cinnamon
- maple syrup

How to make:

1. Add the chickpea flour to a shallow bowl, and add just a dash of the soy or almond milk.
2. Beat the egg, vanilla, and cinnamon in a shallow dish.
3. Mix until smooth, and then add the rest of the milk.
4. Mix until smooth, and then stir in the milk.
5. Add the nutritional yeast, maple syrup, vanilla extract, salt, and cinnamon, and whisk together.
6. Heat up a frying pan with a little coconut oil, and place on medium heat.
7. Heat up a frying pan with a knob of butter, and place on medium heat.
8. Soak each slice of bread in the mixture for a few seconds on each side.
9. Place slices onto the frying pan to cook until browned on both sides.

10. Add your desired toppings, and drizzle with syrup.



McFitFun Recipe

This English muffin recipe is a healthier at-home version of McDonalds Egg McMuffin!

Materials for this recipe include a toaster. The ingredients are as follows:

- 1 whole wheat English muffin
- 1 egg
- 1 slice of tomato
- 10 oz Swiss or Monterey Jack cheese
- 2T avocado (or 3 very thin slices)
- 1T peanut butter (or almond butter)
- 1 sliced banana
- drizzle of honey

How to make:

1. Heat a lightly oiled skillet over medium heat, and cook your egg however you desire.
2. Toast your English muffin in the toaster to your desired toastiness.
3. Immediately after removing the English muffin from the toaster, put the cheese on the bottom half so it begins to melt.
4. Layer the cheesy side with the tomato, egg, and avocado.
5. Spread the peanut butter (or almond butter) on the muffin.
6. Add the sliced banana pieces, and a small drizzle of honey.
7. Serve your muffin while singing the McDonalds theme song, and enjoy.