

Breakfast Recipes for Mom

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Welcome to Your New Recipe Book

These recipes were made with you in mind, and with them, you can quickly make your own delicious breakfast! You are welcome to all of the utensils and ingredients in my kitchen, just don't leave a mess when you're full!

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:

- 1½ cups of all-purpose flour
- 3½ teaspoons of baking powder
- 1 teaspoon of salt
- 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 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:

- 6 whole wheat tortillas

- 3 medium sweet potatoes
- 1 package breakfast sausage patties
- 1-15oz can black beans, rinsed and drained
- 1/4 teaspoon cumin
- 1/4 teaspoon chili powder
- 8 large egg whites
- 1 avocado, diced
- 1/2 cup shredded cheddar cheese

How to make:

1. 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.
2. Cook the breakfast sausage according to package directions.
3. In a separate large bowl, add breakfast sausage, black beans, cumin, and chili powder. Stir to combine then set aside.
4. 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.
5. Add breakfast sausage, black beans, cumin, and chili powder into skillet. Cook for 5 minutes. Remove from heat.
6. 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 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. Beat the egg, vanilla, and cinnamon in a shallow dish.
2. Mix until smooth, and then stir in the milk.
3. Heat up a frying pan with a knob of butter, and place on medium heat.
4. Soak each slice of bread in the mixture for a few seconds on each side.
5. Place slices onto the frying pan to cook until browned on both sides.
6. Add your desired toppings, and drizzle with syrup.



Figure 3: French Toast 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)

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. Serve your muffin while singing the McDonalds theme song, and enjoy.

Avocado Toast

This avocado is the perfect way to start your day!

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

- 2 slices sandwich bread
- 1 cup homemade or store-bought vegan refried beans
- 1 avocado, thinly sliced
- A few slivers white onion
- Coarse sea salt such as Maldon or fleur de sel

How to make:

1. Toast bread to desired level of doneness.
2. Top with refried beans and avocado (mash with a fork if desired).
3. Add slivered onions
4. Sprinkle with salt, and serve.



Figure 4: Avocado Toast

Vanilla Frappuccino



Materials for this recipe include a keurig, and blender. The ingredients are as follows:

Ingredients

- 1 Cafe Escapes Cafe Vanilla Keurig K-cup coffee
- ice

Directions

1. Start by brewing you Cafe Escapes Cafe Vanilla Keurig K-cup on the lowest water setting of your Keurig brewer.
2. Place the brewed coffee in the fridge to chill for one hour.
3. Combine the now chilled Cafe Vanilla coffee and 2 cups of ice in a blender.
4. Blend until the ice reached your desired consistency.

More Recipes

If you enjoyed any of the recipes I provided for you, and would like to find more by the same chef, check out their websites for more recipes!

- Pancakes: [*Petes Made From Scratch Pancakes*](#)
- Burrito: [*Food and Wine Sausage Black Bean Burritos*](#)
- French Toast: [*Robert Irvine's Dinner: Imposible French Toast*](#)
- English McFitFun: [*FitGirlsGuide 28 Day Jumpstart*](#)