

# **Cookbook for Armando's Mom**

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# Welcome

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Welcome to our kitchen!

You'll find everything you need to cook the recipes in this book in our kitchen.

In the references section of this webhelp, you'll find a table of where to find different ingredients, as well as a conversion table for kitchen units.



## Breakfast Food

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### Breakfast Burritos

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Prep time: 20 minutes. Cook time: 5 minutes. Makes: 6 burritos.

#### Ingredients

- 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

#### Directions

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.

Adapted from <http://www.ambitiouskitchen.com/2014/04/healthy-sweet-potato-black-bean-avocado-breakfast-burritos/>

## French Toast

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Prep time: 10 minutes. Cook time: 5 minutes. Serves: 2-3

### Ingredients

- 3 slices of day-old French bread, ciabatta bread, or other sturdy bread
- 1/2 cup milk
- 1/2 tablespoon maple syrup
- 1 tablespoon whole wheat flour
- 1 egg
- 1/2 teaspoon cinnamon
- dash freshly ground nutmeg
- pinch of salt

### Ingredients

1. In a small bowl, whisk together the milk, maple syrup, flour, egg, cinnamon, nutmeg, and salt.
2. Place the bread in one of the teal soup bowls. Pour the mixture over the bread, then flip the bread over to make sure both sides are evenly coated.
3. Heat a bit of coconut in a large skillet over medium heat, enough to coat the pan. When the pan is hot, lay the bread slices and cook until golden brown, flipping once.
4. Serve with powdered sugar, a pat of butter, maple syrup, and fresh fruit.

Adapted from <https://www.loveandlemons.com/vegan-french-toast/>



## Swiss Muesli Bowl

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If you have any nut allergies, don't use the product, substitute with something else. I'm not responsible for any medical repercussions.

Prep Time: 5 minutes. Cook time: 1 hour or overnight. Serves: 2.

#### Ingredients

- 1 cup old-fashioned rolled oats
- 3/4 cup unsweetened almond milk
- 3/4 cup plain whole milk yogurt
- 2 teaspoons honey
- Dash of vanilla extract
- 1 Granny Smith apple, unpeeled, grated
- Optional toppings: fresh berries, sunflower seeds, chopped walnuts, toasted coconut flakes.

#### Directions

1. In a medium bowl, combine the oats, milk, yogurt, honey, cinnamon, vanilla, and salt. Cover and allow to soak for at least 1 hour, or refrigerate overnight.
2. Stir in the apple and add more milk, if too thick.
3. Divide between two bowls, then stir in any assortment of toppings.

Adapted from *Run Fast. Eat Slow.: Nourishing Recipes for Athletes* by Shalane Flanagan and Elyse Kopecky

## Superhero Muffins

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Prep time: 12-15 minutes. Cook time: 25-35 minutes. Makes 12 muffins.

#### Ingredients

- 2 cups almond meal
- 1 cup old-fashioned rolled oats
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 1/2 cup chopped walnuts
- 1/2 cup raisins
- 3 eggs, beaten
- 1 cup grated zucchini
- 1 cup grated carrots
- 6 tablespoons unsalted butter, melted
- 1/2 cup dark amber maple syrup
- 1 teaspoon vanilla extract

#### Directions

1. Preheat the oven to 350 F. Line a 12-cup standard muffin tin with paper muffin cups.
2. In a large bowl, combine the almond meal, oats, cinnamon, nutmeg, baking soda, salt, walnuts, and raisins.
3. In a separate bowl, mix together the eggs, zucchini, carrots, butter, maple syrup, and vanilla. Add the dry ingredients, mixing until just combined. The batter will be thick.
4. In a separate bowl, mix together the flax seed and water mixture, zucchini, carrots, margarine, maple syrup, and vanilla. Add the dry ingredients, mixing until just combined. The batter will be thick.
5. Spoon the batter into the muffin cups, filling each to the brim. Bake until the muffins are nicely browned on the top, about 25-35 minutes.

Adapted from *Run Fast. Eat Slow.: Nourishing Recipes for Athletes* by Shalane Flanagan and Elyse Kopecky



## Blueberry-Lemon Cornmeal Scones

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Prep time: 20 minutes. Cook time: 20 minutes. Makes: 10 scones.

#### Ingredients

- 1 cup stone-ground cornmeal
- 1 cup all-purpose flour
- 1/2 cup granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon fine sea salt
- 1 stick cold unsalted butter, cut into cubes
- 2 eggs
- 1/3 cup whole milk Greek yogurt
- 1 teaspoon vanilla extract
- Finely grated zest of 2 lemons
- 1 cup frozen blueberries

#### Directions

1. Preheat the oven to 350 F. Line a baking sheet with parchment paper.
2. In a large mixing bowl, whisk together the cornmeal, flour, sugar, baking powder, and salt.
3. Using your fingers, work the butter into the flour mixture until it's the size of peas.
4. In a separate bowl, whisk together the eggs, yogurt, vanilla, and lemon zest. Add to the dry ingredients and stir until just combined. Fold in the blueberries. The dough will be thick and sticky.
5. Flour a clean work surface and roll the dough into a semi-flattened log, about 2 inches thick in diameter. Cut the log into 10 triangles and place 2 inches apart on the baking sheet. Bake until lightly browned on the bottoms, 15 to 20 minutes. Transfer to a rack to cool.

Adapted from *Run Fast. Eat Slow.: Nourishing Recipes for Athletes* by Shalane Flanagan and Elyse Kopecky

## Banana Nut Oatmeal

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Prep time: 1 minute. Cook time: 3 minutes. Serves: 1.

### Ingredients

- 1/2 cup rolled oats
- 1 cup water
- 1 banana, sliced
- 1 tablespoon chopped walnuts
- 1 teaspoon cinnamon

### Directions

1. Combine oats and water in a small microwave safe bowl. Microwave for 3 minutes on HIGH.
2. Top with banana slices, walnuts, and cinnamon.

Adapted from <http://www.health.com/health/recipe/0,,50400000108125,00.html>



# Breakfast Drinks

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## Coffee

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Prep time: 5 minutes. Cook time: 5 minutes. Makes: 1 cup of coffee.

### Ingredients

- 1 scoop vanilla coffee grounds
- 1 packet sugar (truvia)
- splash of soy milk

### Directions

In the cabinet above the coffee machine, you will find the coffee grounds, the scoop, the sugar, and the filters.

#### Putting the coffee machine together

1. Put the coffee pot lid on the coffee pot, making sure the spout on the lid goes under the lip on the coffee pot.
2. Put the coffee pot on the warmer underneath the filter. It should click into place.
3. Take a filter from the box and open the lid of the coffee machine. Open the filter and put it into the filter holder so that the bottom of the filter lines up with the filter holder.

#### Brewing the coffee

1. Place one level scoop of coffee grounds into the filter.
2. Pour water into the back of the coffee machine until it just covers the first level.
3. Close the lid of the coffee machine and press the button on the bottom left side of the machine. The coffee will start brewing and should be done in about 5 minutes.

#### Making the coffee

1. While the coffee is brewing, empty the desired number of sugar packets into an empty mug.
2. After the coffee is finished brewing, pour the coffee into that same mug, add milk, and enjoy!

Recipe is my own.

## Green Tea-Green Apple Smoothie

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If you have any nut allergies, don't use the product, substitute with something else. I'm not responsible for any medical repercussions.

Prep time: 10 minutes. Cook time: 10 minutes. Serves: 2.

#### Ingredients

- 1 cup unsweetened green tea, cold or at room temperature
- 1 cup unsweetened almond milk
- 1 green apple, quartered and core removed
- 1 large kale leaf, stem removed
- 4 dates
- 2 tablespoons creamy peanut butter
- 1/4 teaspoon ground cinnamon
- 1 cup ice

#### Directions

1. In the blender, place the green tea, milk, apple, kale, dates, peanut butter, cinnamon, and ice.
2. Blend on high speed for several minutes until smooth.

Adapted from *Run Fast. Eat Slow.: Nourishing Recipes for Athletes* by Shalane Flanagan and Elyse Kopecky

## Classic Mimosa

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### Disclaimer

If you are under 21 years old, you are not allowed to drink alcohol, as per federal regulation.

### Servings

Serves 1

### Ingredients

- 1 1/2 oz. Fresh Squeezed Orange Juice
- 1 1/2 oz. Tangerine Juice
- 1/2 oz. St. Germain
- 4 oz Veuve Clicquot champagne

### Directions

In a champagne flute, first add juices, then St. Germain and champagne.

Recipe from <http://www.countryliving.com/food-drinks/g3073/mimosa-recipe/?slide=16>

## Energizing Chai

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Prep time: 5 minutes Cook time: 20 minutes Makes: 1 quart

### Ingredients

- 3 cups filtered water
- 2-inch knob fresh ginger, peeled and roughly grated
- 6 cardamom pods, crushed
- 3 whole cloves
- 1 cinnamon stick
- 3 black tea bags
- 1 1/2 cups almond milk
- Coconut sugar

### Directions

1. In a medium pot, combine the water, ginger, cardamom, cloves, and cinnamon. Bring to a boil, then reduce the heat to low, cover, and simmer for 15 minutes.
2. Turn off the heat, then add the tea bags, cover, and steep for 5 minutes.
3. Remove the tea, add the milk, sweeten to liking with coconut sugar, and heat until just warm. Pour through a strainer into 4 mugs.
4. Store leftovers in a quart-size glass jar in the fridge.

For iced chai, skip warming the milk. Sweeten, strain, and pour over ice.

Recipe found in *Run Fast. Eat Slow.:Nourishing Recipes for Athletes.* by Shalane Flanagan and Elyse Kopecky

## Reference Tables

I've included some handy reference tables, both specific to this kitchen and for general use.

**Table 1: Kitchen Item Locator**

I've organized the table by ingredient/item category.

Dry Ingredients	Dry ingredients such as rolled oats, flour, sugar, and baking soda can all be found in the top cupboard across from the sink, nearest to the basement door.
Fresh Ingredients	Fresh ingredients such as meats, vegetables, as well as refrigerated items such as milk, butter, and tofu, can all be found in the refrigerator. If an ingredient has either a "C", "A", or no marking on it, it's free to use. If there is a "J" or a "T" marking on it, you can't use it.
Seasonings	All seasonings such as cumin and cinnamon can be found on the shelf above the oven.
Appliances	<ul style="list-style-type: none"> <li>• The coffee machine is next to the microwave.</li> <li>• The toaster is on the counter that lines the far wall behind the stove.</li> <li>• All pots and pans are in the cabinets below and to the left of the sink.</li> <li>• More frequently used cooking utensils are in the vase next to the stove, but there are more in the drawer to the left of the stove.</li> </ul>

**Table 2: Kitchen Conversions**

The conversion table below can help you when measuring volume for dry ingredients.

Cup	Tablespoons	Teaspoons
1	16	48
3/4	12	36
2/3	11	32
1/2	8	24
1/3	5	16
1/4	4	12



## Contact Me

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If you have any questions about any of the recipes, or if you can't find something you need, give me a call. I'll be out of town while you're here, but I'll have my phone on me.

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