

Recipe Guide for Mom

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Recipe Guide

This "Recipe Book" will cover 4 healthy breakfast recipes and troubleshooting. I hope these recipes will be appealing and convenient for you!

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Breakfast Recipes

Topics:

- [*How to Make Wake-Up French Toast*](#)
- [*How to Make Sunshine Cinnamon Nut Quinoa*](#)
- [*How to Make Hummus Avocado Toast*](#)
- [*How to Make a Simple Breakfast Sandwich*](#)

Here you will find a variety of healthy breakfast options. All of these recipes can be modified to use vegan-friendly ingredients.

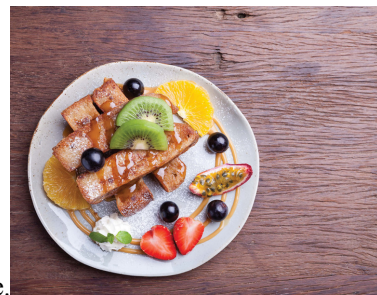
How to Make Wake-Up French Toast

The Wake-Up French Toast recipe makes **4 servings** of the fruity and delicious french toast you know and love.

- 8 slices of whole grain
- 1 cup milk
- 2 eggs
- 1 cup grapes
- 4 strawberries, sliced
- 1 orange, sliced
- 1 kiwi sliced
- 8 teaspoon maple syrup

Preparation:

1. Crack two eggs into a small bowl and whisk.
2. Add the milk into the small bowl with the eggs.
3. Mix the eggs and milk together.
4. Turn the stove on medium heat and spray your pan with cooking spray.
5. Dip the bread into the eggs and milk mixture one at a time. Make sure each side is covered in the mixture.
6. Place the bread on the hot pan. Cook on each side for 4 minutes or until golden brown.
- 7.



Add the maple syrup and fruit toppings to your french toast as you desire.

How to Make Sunshine Cinnamon Nut Quinoa

This Sunshine Cinnamon Nut Quinoa recipe takes a twist on the classic oatmeal. It's sweet, healthy, and indulging. The recipe makes **4 servings**

- 1 cup milk
- 1 cup water
- 1 cup quinoa (note: rinse quinoa)
- 2 cups fresh blueberries
- 1/2 teaspoon ground cinnamon
- 1/3 cup silver almonds, toasted
- 4 teaspoons agave nectar

Preparation:

1. In a medium saucepan on high heat, combine the quinoa, water, and milk and bring it to a boil
2. Once the ingredients are boiling, reduce the heat to medium-low and cover the saucepan.
3. Let the ingredients simmer for 15 minutes until the liquid is absorbed into the quinoa.
4. After 15 minutes or so, turn off the heat and let the ingredients cool off for 5 minutes.
5. Turn on another stove plate to medium heat.
6. Using a dry skillet, roast the almonds for 2 to 3 minutes. Add in cinnamon while roasting.

7. Once the quinoa and almonds are ready, you may transfer them into 4 bowls.
8. Add the blueberries, agave nectar, and extra almonds over your quinoa as you desire.



How to Make Hummus Avocado Toast

This Hummus Avocado Toast recipe makes **1 serving**. It is a protein-packed, nutritious, and good to eat!

- 2 slices whole grain bread
- 2 tablespoons hummus
- 3 slices avocado



Note: You will have to slice the avocado before you begin making the recipe.

- Himalayan pink salt and pepper to taste

Preparation:

1. Toast the bread however you like.
2. Once the bread is toasted, spread the hummus on each slice.
3. Place the avocado slices on top of the bread.
- 4.



Top the avocado toast with the himalayan pink salt and pepper to taste.

How to Make a Simple Breakfast Sandwich

This Simple Breakfast Sandwich is a fresh classic that can be made in just 15 minutes. This recipe makes enough for **one serving**.

- 1 english muffin
- 1 sausage patty
- 3 thin slices bell pepper
- 1 tablespoon shredded cheese
- 1/2 teaspoon of butter
- 1 teaspoon maple syrup or berry jam (your choice)
- Pinch of black pepper
- Extra virgin olive oil
- 1 teaspoon hot sauce (optional)

Preparation:

1. Place the unsliced english muffin under the panini press for about 45 seconds.
2. Remove the english muffin from the panini press.
3. Place the sausage patty on the panini press and let it cook for about 2 minutes.
4. Slice the english muffin open.
5. Put the english muffins back on the panini press with the open faced ends directly on the grill.
6. Coat the bell peppers in the extra virgin olive oil and place them on the panini press.
7. Close the panini press lid and let the ingredients grill for another minute or so. Once it's done, turn off the panini press but leave the ingredients still on the panini press surface.
8. Sprinkle the cheese over top of the patties.
9. Put the peppers on top of the cheese.
10. Close the panini press one more time and make sure that it is still turned off.
11. Remove the english muffin from the press.
12. Spread the butter on one side of the english muffin.
13. Spread the maple syrup or jam on the other side of the english muffin.
- 14.



Place the patty in between the english muffin. Add hot sauce if you desire.

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Troubleshooting

Here I will go over some possible issues you may encounter while cooking these recipes. If you have an issue that is not listed, please contact me at cpkelly7@vt.edu and I will find a solution for you.

1. You cannot roast the almonds for the Sunshine Cinnamon Nut Quinoa recipe because you do not own a dry skillet.

- In a toaster oven, roast the almonds on 350 degrees fahrenheit for 4 to 6 minutes.

2. You do not own a panini press for the breakfast sandwich recipe.

- A good alternative to a panini press is a regular saucepan. To press the ingredients, simply use a big lid (i.e., from a pot) to press it down.

3. You do not want to use milk in your recipes and you're wondering what milk substitutes are acceptable.

- You may want to use almond milk, which is a popular milk substitute.
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4. You have never made quinoa before and you want to make it right. What does the recipe mean by rinsing the quinoa?

- Rinse the quinoa under cold water for 2 minutes using a fine mesh strainer. Cooking quinoa is a lot like cooking rice, you want to use an appropriate amount of water, and you want to ensure that the water is absorbed by the quinoa.

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References

Listed below are websites that include the recipes mentioned in this recipe guide and some other recipes. They are technically vegan recipes, but you may substitute any vegan ingredients with non-vegan ingredients, if needed.

- <http://www.mindbodygreen.com/0-22694/8-protein-packed-vegan-breakfasts.html>
- <http://kblog.lunchboxbunch.com/2010/06/breakfast-sandwich-vegan-recipe-in-15.html>

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Finishing Up

Now that you have learned about the recipes and troubleshooting, you are well on your way to making healthy, simple breakfasts!

I hope that you found this recipe guide to be interesting and helpful. As always, if you have any questions or concerns please reach out to me, Colleen Kelly, at cpkelly7@vt.edu

