

Armando's Breakfast

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Breakfast Recipe Guide

This guide will give you helpful instructions and tips to make a delicious breakfast to start your day!

This guide includes breakfast recipes as well as drink options that are created with your eating preferences in mind. Good luck cooking and enjoy!

About the Recipes

Caramel Frappe

Frappes are a refreshing drink to have in the morning. The base of a frappe is ice-cold coffee, which would be perfect for a warm day when a hot coffee is just not right.

A Frappe is a cold caffeinated drink that tastes delicious and is easy to make. All you need is the coffee, milk and some type of sweetener. There are many different variations of this solid combination, so the frappe possibilities are endless.

Freshly-Squeezed Orange Juice

Orange juice is the perfect way to start your day, it's both refreshing and healthy.

Typically, we buy our orange pre-squeezed from the store. However, it is healthier and more tasty to squeeze your juice on your own. This way, you know its fresh and let's not ignore the obvious fact that using a juicer is fun!

Breakfast Sandwich

Sandwiches aren't just meant for lunch anymore!

A Breakfast Sandwich is something that you make quickly that tastes good too! Typically, a Breakfast Sandwich is held together by some type of bread, whether it be whole wheat, and english muffin, or a bagel. You can put whatever fillings you want inside. Typically, the sandwich includes some type of protein paired with fresh veggies of your choice.

Omelet

An omelet is a breakfast that is made by creating a thin layer of egg, then filling it with the filling of your choice.

Like many other breakfast foods, the omelet is entirely versatile, you put in it what you like. The outer egg shell does not even have to be egg! If you would prefer to use something else then you still can! Omelets are typically savory and often contain some type of protein alongside various veggies as the filling.

Waffles

Waffles have strtaed to make their comeback to the Breakfast food scene. This take on waffles will have your tastebuds singing!

Waffles are a great breakfast food, as they are both hearty and fun to make. Waffles are very much like pancakes, yet waffles naturally have little reservoirs for syrup. How perfect! Waffles are also very versatile, they can be sweet or savoy based on the filling you choose to add.

Breakfast Hash

This meal works for breakfast, lunch, dinner and everything in between!

A Breakfast Hash is a great meal to make when your refrigerator is filled with leftovers that you would like to use. The staple of the Breakfast Hash is potatoes, and you can choose other toppings you would like to add. A Breakfast Hash is a more savory meal, so if you don't have a sweet tooth this is the meal for you!

Drinks

How to Make a Caramel Frappe

Ever had a homemade frappe? This recipe can be made at home and this delightful drink will certainly wake you



up!

Food Ingredients

- 1 cup cold brewed coffee
- Cocoa powder, to garnish
- 8 unsweetened almond milk ice cubes
- 5 tbsp vegan caramel sauce

Kitchen Utensils

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Blender

- Glass
1. Remove previously made milk ice cubes from freezer.
 2. Strain the cold brew through a coffee filter fitted over a coffee pot.
 3. Add all ice cubes to a blender as well as cup of the coffee and 5 tbsp of the caramel sauce to start out.

Many of the appliances have moving parts and blades. Be sure not to place your fingers anywhere near these moving parts. When using the oven and the stovetop use caution to avoid burning yourself.



4. Blend until smooth, adding more coffee if it's too thick.
5. Taste and adjust flavors as needed.
6. Garnish with cocoa powder and serve immediately, topped with coconut whipped cream and/or more caramel sauce.

How to Make Fresh-Squeezed Orange Juice

Looking for something a bit stronger to wake you up on the morning? This delicious Mimosa will certainly do the



trick!

Food Ingredients

- 4 large oranges, peeled
- 2 large carrots, peeled
- 1/4 cup pineapple, peeled and core removed

Kitchen Utensils

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Juicer

- Glass
- Cutting board
- Knife

1. Remove Juicer from cabinet above the stove.
2. Turn on the Juicer by pressing the red switch left to the ON setting.

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3. Choose JUICE from the list of options.
4. Feed all of the ingredients through your juicer through the opening on the top.
5. Transfer to a large glass jar for storing.
6. Shake well to combine before serving.

Meals

How to Make a Breakfast Sandwich



A breakfast sandwich is both easy to make and filling.

Food Ingredients

- 1 English muffin
- 4 strips tempeh bacon

- Sprinkle of Daiya vegan cheese
- 2 leaves butter lettuce
- 2 slices of tomato
- 3 slices of ripe avocado
- 1 tsp chives, finely chopped
- salt and pepper, to taste
- 1 tbsp olive oil

Kitchen Ingredients

- Medium skillet
 - Cutting board
 - Knife
1. Heat a large non-stick pan over MEDIUM heat and drizzle with 1 tbsp oil.
 2. Place your English muffin on half of the pan cut-side down.
 3. Sauté the tempeh bacon according to the package instructions in the same skillet.
 4. Spread one side of your English muffin with a light coat of vegan mayo and spread the other side with some roasted garlic hummus.
 5. On one half add 4 slices of tempeh bacon and add a sprinkle of the Daiya cheese on top of the tempeh bacon.
 6. Make sure your sandwich is nice and hot before opening it up and adding 1-2 slices of butter lettuce, 1-2 slices of tomato, sliced avocado, and a pinch each of salt and pepper.
 7. Serve immediately.

How to Make an Omelet

Omelets are delicious! Using this recipe you can create something to make for both your friends and family!



Food Ingredients

- 2 cloves garlic
- 2 tbsp water
- 1/8 tsp salt
- Dash pepper
- 1/4 tsp paprika
- 1/3 diced bell pepper
- 3/4 cup firm silken tofu, drained and gently patted dry
- 2 tbsp hummus
- 2 tbsp yeast
- 1 tsp cornstarch
- 1 cup veggies of choice (onion, tomato, mushroom, spinach)

Kitchen Utensils

- Spatula
- Medium skillet
- Oven mitts
- 2 Medium bowls
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Oven

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Food processor

1. Preheat oven to 375 degrees F by pressing PREHEAT, 375, and START.

Many of the appliances have moving parts and blades. Be sure not to place your fingers anywhere near these moving parts. When using the oven and the stovetop use caution to avoid burning yourself.



2. Prep veggies, drain and dry tofu, and mince garlic.
3. Turn on the stovetop by turning the knob the MEDIUM HIGH.
4. Heat a medium, oven-safe skillet over medium heat.
5. Add olive oil and minced garlic and cook for 1-2 minutes or until just lightly golden brown.
6. Transfer garlic to food processor, along with remaining omelet ingredients (tofu – cornstarch) and mix to combine, scraping down sides as needed.
7. Add a bit more olive oil and the veggies to the warm skillet and season with salt and pepper and sauté to desired doneness.
8. Remove skillet from heat and make sure it's coated with enough oil so the omelet doesn't stick.
9. Add back 1/4 of the veggies and spoon on the omelet batter, spreading it gently with a spoon or rubber spatula, being careful not to tear or cause gaps.
10. Cook over medium heat on the stove top for 5 minutes until the edges start to dry.
11. Using an oven mitt, in the last few minutes of cooking carefully add remaining veggies back on top of the omelet and cook another 1-2 minutes to warm through.

12. Fold the omelet in half and place in 375 F oven and bake until dry and deep golden brown – 10-15 minutes.
13. Carefully remove from oven.

How to Make Waffles

Waffles are an excellent way to start your day. These delicious waffles are hearty, healthy, and easy to make.



Food Ingredients

- 1 cup white whole wheat flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil
- 1/4 tsp ground allspice
- 1 cup quick cooking oats
- 1/3 cup unsweetened applesauce
- 1 1/2 cups unsweetened almond milk
- 3 tbsp pure maple syrup
- 1 tsp pure vanilla extract
- 1 1/2 cups frozen blueberries

Kitchen Utensils

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Waffle iron

- Large mixing bowl
 - Spatula
1. Sift flour, baking powder, salt and allspice into a mixing bowl.
 2. Mix in the oats.
 3. Make a well in the center and add applesauce, milk, maple syrup, oil and vanilla.
 4. Stir until combined.
 5. Let batter rest for 5 minutes, it will thicken a bit.
 6. Fold in the blueberries.
 7. Heat waffle iron by turning red knob to the MEDIUM HIGH setting.

Many of the appliances have moving parts and blades. Be sure not to place your fingers anywhere near these moving parts. When using the oven and the stovetop use caution to avoid burning yourself.



8. Grease the waffle iron with cooking spray.
9. Pour a cup of mixed batter into the center of the hot waffle iron and close the lid.
10. Bake for 5 minutes and carefully remove waffle.
11. Repeat steps 7-9 until you have used up all the batter.

How to Make a Breakfast Hash



Delicious and filling: the perfect combination!

Food Ingredients

- 1 medium onion, finely chopped
- 1 clove of garlic
- 1 tsp smoked paprika
- Salt and black pepper to taste
- olive oil
- 3 cooked potatoes
- 1 medium green or red bell pepper, finely diced
- 8 ounces package tempeh meat substitute, finely diced
- 6 leaves kale, stemmed and finely chopped

Kitchen Utensils

- Oven
- Spatula
- Medium skillet

1. Preheat the oven to 350 F.

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2. Add the onion and sauté over MEDIUM heat until translucent.
3. Add the bell pepper, tempeh, and potatoes.
4. Turn the heat up to MEDIUM HIGH, and continue to sauté until all are turning golden brown and stir frequently.
5. Add the seasonings and kale.
6. Transfer the pan to the preheated oven and bake for 8 minutes.
7. Sprinkle with sea salt, black pepper and the parsley, to serve.

Tips and Tricks

Clean Up

After you have made your tasty meal, be sure to clean up the kitchen utensils that you used for cooking.

As far as clean up, be sure to place the dishes in the dishwasher. Skillets should be washed by hand as well as spatulas and mixing bowls. After washing the components of appliances by hand, return them to where they were found.



Safety Warnings

It is imperative that you handle all kitchen appliances with care as to not injure yourself.

Many of the appliances have moving parts and blades. Be sure not to place your fingers anywhere near these moving parts. When using the oven and the stovetop use caution to avoid burning yourself.



Contact Information

If you should have any issues or questions, please don't hesitate to call me for help. I can be reached by the following:

- By cellular text or call at 804-247-4018
- Work phone 540-381-5705

Where to Find Kitchen Utensils and Ingredients

Upper Cabinets

- Food containers (mixing bowl, glasses, mugs, skillets, cutting board)

Refrigerator

- Fresh veggies (lettuce, tomatoes, kale, mushrooms, onions)
- Proteins (tempeh, bacon, ham, sausage, tofu)

Freezer

- Frozen goods (blueberries, almond cubes)

Lower Cabinets

- Mobile appliances (blender, juicer, waffle iron, food processor)

Pantry

- Dry ingredients (flour, spices, olive oil, potatoes)

Drawers

- Utensils (spatula, whisk, knives, oven mitts)

Citations

Included are all the sources I used to create this breakfast guide.

Websites

- [*Blueberry Oatmeal Waffles*](#)
- [*Fresh Orange Juice*](#)
- [*Vegan Omelet*](#)
- [*Potato and Tempeh Hash*](#)
- [*Vegan Breakfast Sandwich*](#)
- [*Caramel Frappe*](#)

- *Cheddar and Sausage Waffles*
- *Omelet*
- *Potato and Chorizo Hash*
- *Breakfast Sandwich*
- *Latte*
- *Mimosa*
- *Waffle Iron*
- *Oven*
- *Blender*
- *Juicer*
- *Dishes*
- *Food Processor*
- *Warning*