

## **Breakfast Help for Armando**

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# A Day Dedicated to Breakfast!

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A wise man once said, "All happiness depends on a leisurely breakfast." These detailed topics will show all the tools and ingredients needed to make a grand slam breakfast!

Hello! You are lucky enough to have a day where breakfast is the #1 priority. I mean who doesn't just love to indulge in a savory or sweet yummy breakfast treats. Whether its a mile high stack of pancakes or smoked salmon eggs benedict, breakfast is sure to put a smile on your face. This guide will illustrate everything needed to successfully create the greatest breakfast of all time!



## Getting Started

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### Choosing the time and date

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Deciding what day to dedicate to making a wonderfully big and yummy breakfast

In order to make sure that the breakfast is the very best it can be, make sure you pick a day where you have a lot of free time. You want to be able to enjoy the morning without having to rush or head out early for other obligations!



- Check your calendar in order to see which day works best. Make sure to choose a day that is free of other obligations so you are able to dedicate a lot of time to the breakfast
- Decide on the day you want to make the breakfast
- Once you have evaluated which day is the lucky winner, add this to your calendar so you do not forget



## Call me, Beep me

I know sometimes cooking can be stressful, if you have any questions please feel free to call or text!

Phone number: 555-757-0605/

## Websites for Recipes

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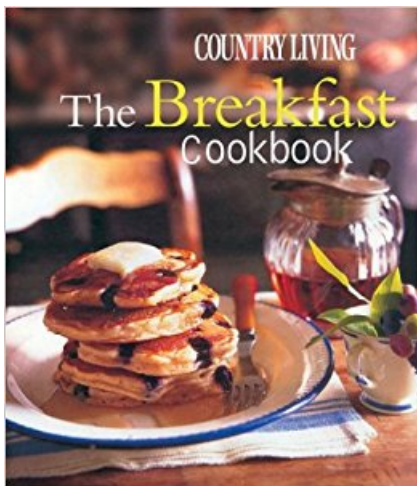
### Deciding what websites to use to find the yummy breakfast recipes

Since this is an *exciting day* filled with copious amounts of food and possibly fun friends, you need to decide what food will be served? Will you go the healthier route of kale smoothies and chickpea pancakes or will you go for the cinnamon encrusted praline French toast? [Buzzfeed](#) and [Tasty](#) are just few of the trending food recipe websites that also include videos to help as you create the meal.

#### My Suggested Websites

Over the years I have tried my hand at creating different meals here & there. The websites that you should use are:

- [Country Living](#)
- [Delish](#)



## A trip to Whole Foods and Trader Joes

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Can you name two better food stores to drop some money at for breakfast... Maybe you can, but I sure can't! Whole Foods and Trader Joes have taken the health food store market by storm. They offer delicious food choices that are good for your health and your taste buds! In order to make your breakfast you should take a trip to these stores to get needed ingredients.



A trip to these two stores can be an all day event, you easily get distracted by the many options they offer. Pick a time when you have a few hours to dedicate.

Looking at the recipes listed previously in this breakfast guide, create a list of all the needed items. Make sure you are generous with the amount of food you purchase, it's always better to have too much than too little.





## Cleaning your Kitchen and Workspace

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Dirty Kitchen? Clean it up! A key factor that will make this breakfast enjoyable is having a clean kitchen to work with.

Here are a few helpful tips and ways to clean the kitchen effectively.

- The best way to begin the cleaning process is to clear of the counter tops as much as possible. This will allow for you to wipe them down.
- De-clutter the counters once they are wiped down, remove anything that is not a necessity from the counter.
- Be careful when using cleaning products. Make sure the products are being used correctly and on the right appliances.
- It may be a good idea to empty the dishwasher so clean up is easier and you can easily load it after the meal is finished!

- With that being said, make sure that there are dishes, silverware, and glass clean and available!



## **Breakfast Recipes**

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### **Iced Cold Coffee**

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Coffee is the perfect pairing with any breakfast meal





Coffee is easy to prepare especially this recipe!

### Ingredients

- 1/2 cup of ground coffee (flavor is up to you)
- 4 cup of water
- 1 cup of whole milk *or*
- 1 cup of almond milk
- 1 tsp of Cinnamon
- Ice cubes

### Instructions

1. Pour your ground coffee the top of the coffee machine.
2. Add 4 cups of water to the machine. Look for the compartment labeled "water".
3. Hit the on button to begin brewing coffee
4. Put coffee in a container and put it in the fridge. Let coffee cool a bit until it is chilled
5. Once coffee is cool, pour it into a glass
6. Add 1-3 coffee ice cubes!!
7. Add milk
8. Add cinnamon

## Cranberry Mimosa

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Have you ever thought of creating a Mimosa with something other than OJ? Spice up this morning by making a Cranberry Mimosa! Cranberries are *not* just for the holiday's, enjoy this yummy treat in April too!

### Ingredients

- 1 Lime (halved)
- 2 tsp. sugar
- 1 cup sweetened cranberry juice
- 1 bottle of champagne (or more if you are in the drinking mood!)
- 12 fresh cranberries
- 4 sprigs of rosemary
- champagne glasses
- tooth picks

### Instructions

- Use the lime to rub the inside rim and flute of the champagne glass and dip them in sugar
- Pour 1/4 cup of cranberry juice into the champagne glass (glasses) and fill the rest of the glass with champagne
- Use the tooth picks to poke holes in the cranberries. Thread rosemary through the holes in the cranberries.

## Banana Bread Flap Jack Recipe

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Below is a wonderfully delicious recipe for Banana Bread Flap Jacks

### Ingredients

- 2 c. all-purpose flour, spooned and leveled
- 1/2 c. finely chopped toasted pecans, plus more for serving
- 3 tbsp. packed brown sugar
- 1 1/2 tsp. baking powder
- 1 1/2 tsp. Kosher salt
- 1 tsp. baking soda
- 1 1/4 c. Buttermilk
- 1 1/4 c. almond milk and lemon juice
- 1 c. mashed ripe banana (about 3 medium), plus slices for serving
- 2 large eggs
- 2 cubes of silken tofu
- 1/4 c. unsalted butter, melted, plus more for griddle
- 1/4 c. vegetable oil
- pure maple syrup, for serving

### Instructions

- In a large bowl stir together flour, pecans, sugar, baking powder, salt, and baking soda. Whisk together buttermilk, banana, eggs, and butter in a different bowl. Add flour mixture to buttermilk mixture and stir until everything is combined
- In a large bowl stir together flour, pecans, sugar, baking powder, salt, and baking soda. Whisk together almond milk and lemon juice, banana, silken tofu, and vegetable oil in a different bowl. Add flour mixture to almond milk and lemon juice mixture and stir until everything is combined.
- After you have combined all the yummy soon to be delicious pancake ingredients, heat the griddle or nonstick pan on medium heat. Once the pan or griddle is heated, pour the batter onto the pan. Make sure you give a decent amount of room between the pancakes so they don't bleed together!
- Once the pancakes look plump use a spatula and flip them.
- Repeat until all batter has been used.
- Allow pancakes to cool & then add syrup!



## Caprese Stuffed Avocados

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I don't think I can go a day without eating something that has avocado in it or on it. Avocados have become such a fad, everyone loves them. This recipe is to die for and needs to be included in your brunch!

Below are the ingredients, materials, and steps needed to make this one of a kind dish.

### Ingredients

- 2 avocados, pitted
- 1/2 cup cherry tomatoes, halved
- 1/2 cup mini marinated mozzarella balls, halved
- balsamic vinegar
- Extra virgin olive oil
- kosher salt
- Freshly ground black pepper
- Basil

### Instructions

1. Scoop out the insides of the avocado, leaving a small amount around the rim.
2. Diced the scooped out avocado and set aside

3. In a large bowl add in diced avocado, tomatoes, balsamic, and olive oil. Mix together
4. Add in mozzarella balls
5. Add salt and pepper, mix everything together
6. Add the mixture to the avocado halves
7. Serve and eat up!





## Sun-Dried Tomato, Mushroom, And Spinach Quiche

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Quiche is one of the most underrated breakfast dishes. There are so many toppings that can be added to create a breakfast master piece. This easy to follow recipe will be a crowd pleaser for all.





### Ingredients for crust and quiche

- 1 tablespoon ground flax + 3 tablespoons water, mixed together
  - 1 cup whole almonds, ground into flour
  - 1 cup gluten-free rolled oats or buckwheat groats, ground into flour
  - 1 cup of hearty oats, ground into flour
  - teaspoon dried parsley>
  - 1 teaspoon dried oregano
  - 1/2 tsp kosher salt
  - 1 tbsp coconut oil
  - 1 tbsp olive oil
  - 1-2.5 tbsp water, as needed
  - 1 block (14-oz) firm tofu
  - 4 strips of bacon
  - 1/2 cup cubed ham
  - 1 leek or yellow onion, thinly sliced
  - 3 large garlic cloves, minced
  - 3 cups (8-oz) sliced cremini mushrooms
  - 1/2 cup fresh chives, finely chopped
  - 1/2 cup fresh basil leaves, finely chopped
  - 1/3 cup oil-packed sun-dried tomatoes, finely chopped
  - 1 cup baby spinach
  - 2 tbsp yeast
  - 1 teaspoon dried oregano
  - 3/4-1 teaspoon fine grain sea salt
  - Baking dish
  - Skillet
  - Food Processor
1. Preheat oven to 350. Grease a round 10-inch tart pan with oil.
  2. **For the crust:** Whisk together flax and water mixture in a small bowl and set aside.
  3. In a large bowl, stir together the almond meal, oat flour (or buckwheat flour), parsley, oregano, and salt.
  4. Add in the flax mixture and oil. Stir until it looks as though it is all combined, adding the remaining water until the dough is sticky ... kinda like cookie dough! The dough should stick together when you press it between your fingers.
  5. Spread the dough over the base of the dish. Press the mixture evenly into the pan, working your way outward and up the sides of the pan. Poke a few fork holes in the dough so its breathable
  6. Bake the crust at 350F for 13-16 minutes, allow to cool after.
  7. **For the filling:**
  8. Break apart the tofu block and add into food processor. Process the tofu until smooth and creamy.
  9. In a skillet, add oil and saute the onion and garlic over medium heat for a few minutes.
  10. Stir in the mushrooms, add salt, and cook on medium-high heat for about 10-12 minutes.
  11. Stir in the herbs, sun-dried tomatoes, spinach, yeast, oregano, salt, pepper, and red pepper flakes until combined. Cook until the spinach is wilted.
  12. Stir in bacon and cubed ham
  13. Remove the skillet from the heat
  14. Stir in tofu
  15. Add filling to baked crust
  16. Bake quiche at 375 for about 30-35 minutes
  17. Let quiche sit for 10 minutes to cool

18. Serve and Enjoy :)

## Tator-Tot Breakfast Bake

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Did you ever think of making tator tots for breakfast? Now is your chance to swap out hash browns for tator tots!



Almond milk must be used within 7-10 days after opening. It could casue food poisoning or other illnesses

This breakfast bake is super easy and will please anyone lucky enough to try it!

### Ingredients

- 4 slices bacon, cooked and crumbled
- 4 slices of seitan bacon
- 4 blocks of tofu hotdogs
- 1 lb ground breakfast sausage, no casings
- 2½ cups sharp cheddar cheese, shredded, divided
- 2 ½ cups Soymage vegan parmesan cheese
- 2 cups whole milk
- 2 cups almond milk
- 3 large eggs
- 2 cups of Ener-G egg replacer
- ½ tsp freshly ground black pepper
- ½ tsp onion powder
- pinch of table salt (1/8 tsp)
- 2 lbs frozen tator tots
- 3 TB freshly chopped parsley for garnish
- 9x13 pan
- Large skillet
- Large bowl

1. Before you begin baking, turn on the oven and set the temperature to 350.
2. In a large skillet, cook sausage over medium heat. Once it is browned and completely cooked, layer it on a 9x13 baking pan. sprinkle the cheese over the sausage
3. In a large skillet, cook tofu hotdogs over medium heat. Once it is browned and completely cooked, layer it on a 9x13 baking pan. sprinkle the soymage vegan parmesan cheese over the hot dogs
4. In a large bowl, whisk together milk, eggs, pepper, onion powder, and salt. Once it is thoroughly mixed, layer it over sausage and cheese.
5. In a large bowl, whisk together almond milk, Ener-G egg replacer , pepper, onion powder, and salt. Once it is thoroughly mixed, layer it over tofu hot dogs and soymage vegan parmesan cheese.
6. Layer frozen tator tots on top of mixture in the baking dish
7. Place baking dish in the already preheated oven on the middle rack. Bake for 35 minutes
8. Top with additional cheese and crumbled bacon. Cook for another 10 minutes.
9. Top with additional soymage vegan parmesan cheese and crumbled seitan bacon. Cook for another 10 minutes

10. Let the dish cool for 10 minutes and then serve!

## Final Stretch

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### Setting up for Brunch

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Appearance makes a **big** difference when enjoying a hearty breakfast. Making sure the place is neat and tidy is just the beginning. Setting the table and adding a nice floral arrangement is always a great idea.

#### Setting the table

Check back on the guest list and see how many people will be joining you. Next grab the appropriate amount of dishes, silverware, and glasses and set them out neatly on the table.

#### Floral Arrangement

I always enjoy my meal a little more if the table is aesthetically appealing. Decide what type of flower you love the



most a grab a few to add to a vase.

### Cleaning Up

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As much as you don't want to, you'll have to clean up the kitchen.

I will provide you with an easy guide for cleaning up after your breakfast.

Steps for cleaning up the kitchen

1. Store any leftover food in airtight containers. Place these containers in the fridge or give them to your guests to take home.
2. Once all the food is put away, put all of the dirty dishes in the dishwasher or hand wash them
3. Wipe off the counters and the kitchen table
4. Make sure no food has fallen on the floor, vacuum if needed!
5. Say farwell to your breakfast guests!
6. Now relax and sleep off your food coma!



## Finally!! Dig In!

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You have made the dishes, cleaned the kitchen, set the table, and put hours into this wonderful feast. It is now time for the moment we have all been waiting for... It's time to eat:)

### Eat Up

You have put so much time into preparing this meal it is now time for you to enjoy it.



### Helpful Tips

Here are a few tips on how to enjoy this meal

- Get a little piece of everything, I mean for gods sake you made the dang food! You have to try it all.
- Eat leisurely, enjoy every last bite
- Don't forget to breathe after each bite. You may be excited but you don't want to hurt yourself
- You can always set the mood a little more with some nice music. I recommend John Mayer or maybe Jack Johnson!
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## Final Words

I hope you enjoyed yourself as you made and ate breakfast. Some killer food recommendations were given to you, you had to of enjoyed it!

