

# **Mom's Recipes**

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# How to Make Blueberry Oatmeal Waffles

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Waffles are great to eat during any breakfast meal. Here is a fast and quick recipe to enjoying blueberry oatmeal waffles in the morning.



## Ingredients for Blueberry Oatmeal Waffles

- 1 cup white whole wheat flour
  - 1 tablespoon baking powder
  - ½ teaspoon salt
  - ¼ teaspoon ground allspice
  - 1 cup quick cooking oats
  - 1/3 cup unsweetened applesauce
  - 1 ½ cups unsweetened almond milk
  - 3 tablespoons pure maple syrup
  - 2 tablespoons canola oil
  - 1 teaspoon pure vanilla extract
  - 1 ½ cups frozen blueberries
1. Sift flour, baking powder, salt and allspice in a mixing bowl, then mix in the oats.
  2. Add applesauce, milk, maple syrup, oil and vanilla. Stir until everything is combined.
  3. Let the batter sit for about 5 minutes. During this time the batter will thicken a little.
  4. Fold in the blueberries
  5. Cook in a waffle iron according to manufactures instructions.

## How to make a Breakfast Sandwich

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### Ingredients

- 1 English muffin
- 1 sausage patty
- 3 thin slices of bell pepper
- 1 tablespoon shredded cheese
- ½ teaspoon butter
- pinch of black pepper
- extra virgin olive oil for coating patty

- 1.
2. Grab sausage patty.
3. Rub the patty in a very light amount of oil and place on grill.
4. Slice open the English Muffin and press the open faces on the grill
5. Rub sliced peppers in a little oil and place on the grill.
6. Allow the patty, peppers, and muffin grill for a minute.
7. Turn off the grill and sprinkle cheese over the top of the patties.
8. Place the green peppers on top of cheese and let the patty sit on the grill until the cheese melts.
9. Take the English Muffin and spread 1 teaspoon of butter on one side, and maple syrup and/or jam on the other side.
10. Then put the sandwich together. Place the patty on top of bottom piece of muffin and put the muffin top on patty.

## How to make a Ham, Cheese, and Egg Burrito

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### Ingredients

- 1 whole egg
  - 3 egg whites
  - 6 slices of Deli Fresh Smoke Ham, chopped
  - 2 whole wheat tortillas (8 inch)
  - ¼ shredded Cheddar Cheese
1. Beat whole egg, egg whites and ham until blended.
  2. Heat pan on medium-high heat and spray with cooking spray.
  3. Add egg mixture and cook for 3 minutes stirring the mixture occasionally.
  4. Spoon the egg mixture and place it down the center of the tortillas.
  5. Place cheese on top of the egg.
  6. Fold in opposite sides of each tortilla, then roll it up burrito-style.

## How to make Grilled Steak and Eggs with Beer and Molasses

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If you enjoy eating meat, then you are going to enjoy this breakfast recipe. It combines wholesome steak with eggs for a delicious treat that you can enjoy in the morning.





Ingredients for Sauce:

- 1 ½ teaspoons unsalted butter
- ½ medium onion, finely diced
- 1 clove garlic, minced
- 1 cup ketchup
- ½ cup molasses
- ½ cup apple cider
- 2 tablespoons sugar
- ½ cup lager-style beer
- 1 ½ teaspoons yellow mustard
- 2 teaspoons lemon juice
- 1 ½ teaspoons Worcestershire sauce
- 1 ½ teaspoons cayenne pepper
- 1 ½ teaspoons paprika

Ingredients for the steak and eggs:

- 2 1-pound strip steaks (½ inch thick)
- Salt and freshly ground pepper
- 1 tablespoon vegetable oil
- 4 grilled eggs

Making the sauce

1. Melt the butter in a medium saucepan over medium heat.
2. Add the onion and garlic and saute until softened for about 3 minutes.
3. Add the rest of the sauce ingredients and bring them to a boil.
4. Simmer the mixture until it is reduced to 2 cups. This should take approximately 30 minutes.
5. Preheat a grill to medium-high
6. Season the steaks with salt and pepper and rub with oil.

7. Grill for 3 to 5 minutes per side for medium.
8. Let the steak rest for 10 minutes before slicing.
9. Place a cast-iron skillet on the grill; add butter, oil, or bacon drippings
10. Crack in eggs and season to taste. Cook until the edges are crisp, but the yolks are still runny. This will take approximately 2-3 minutes.

## References

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*[Grilled Steak Recipe](#)*

*[Blueberry Oatmeal Waffles Recipe](#)*

*[Breakfast Sandwich](#)*

*[Ham, cheese, and egg Burrito](#)*