

CAFFEINE COMPANIONS





SIMPLE OAT COOKIES

INGREDIENTS

1 cup old fashioned rolled oats

1 ripe banana

1/2 cup peanut butter

nuts to taste



DIRECTIONS

- 1 In a bowl, mash the banana to a mush.
- 2 Mix in oats and add peanut butter.
- 3 Scoop up and roll into balls.
- 4 Press down on a greased cookie sheet and bake for 20min at 400 degrees.
- 5 Cool and serve.

TWO INGREDIENT PANCAKES

INGREDIENTS

1 medium ripe banana

1 large egg

Canola oil or nonstick spray

Butter and syrup, for serving



DIRECTIONS

- 1 Heat griddle or nonstick pan over medium heat.
- 2 Mash the banana in a bowl until smooth. Mix in the egg.
- 3 Once pan is hot, lightly oil with canola oil. Once oil is hot, add no more than 3 tablespoons of batter to the griddle and cook, until golden brown, about 2 minutes per side. Carefully flip the cakes with a flat spatula as they're a bit delicate.
- 4 Serve with butter and syrup.



BLUEBERRY MUFFINS



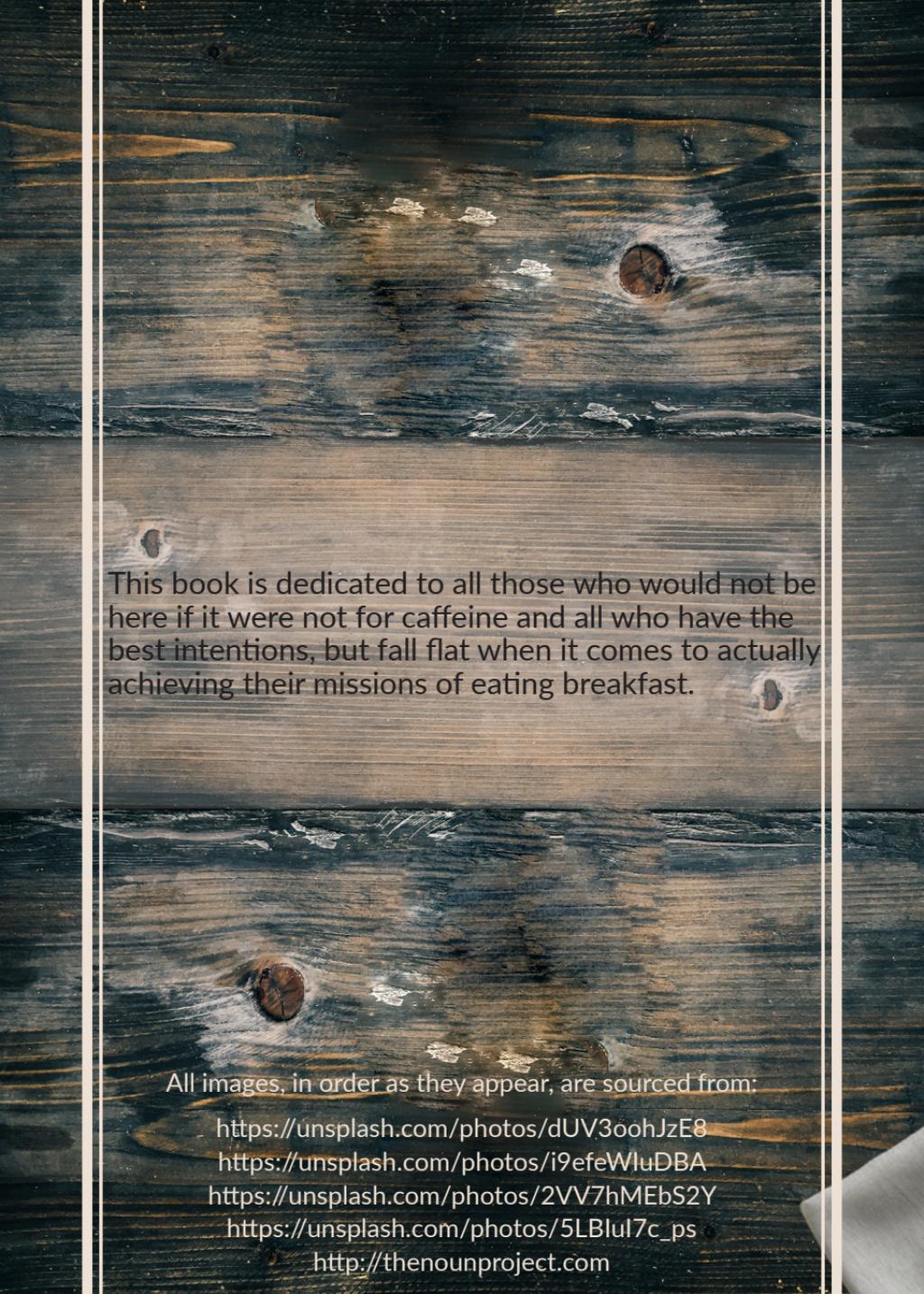
INGREDIENTS

1/2 cup butter	2 cups all-purpose flour
1 cup granulated sugar	1 cup milk
2 large eggs	2 1/2 cups blueberries
1 teaspoon vanilla	1 tablespoon granulated sugar
2 teaspoons baking powder	1/4 teaspoon ground nutmeg
1/4 teaspoon salt	

DIRECTIONS

- 1 Heat oven to 375°.
- 2 Grease 18 regular-size muffin cups.
- 3 In bowl, mix butter until creamy. Add sugar and beat until pale and fluffy.
- 4 Add eggs one at a time, beating after each.
- 5 Beat in vanilla, baking powder and salt.
- 6 With spoon, fold in half of flour then half of milk into batter.
- 7 Fold in blueberries.
- 8 Spoon into muffin cups and sprinkle topping onto each muffin.
- 9 Bake 15 to 20 minutes, until golden brown.





This book is dedicated to all those who would not be here if it were not for caffeine and all who have the best intentions, but fall flat when it comes to actually achieving their missions of eating breakfast.

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