

## **Breakfast Recipes for Mom**

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# Breakfast at Maddy's

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With these instructions, you should be able to quickly make your own delicious breakfast. You are welcome to all of the materials in my kitchen, as long as you clean up your mess. :)

## Spiced Apple Cider Donuts Recipe

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These are perfect for fall days or any other time of the year.

Materials for this recipe include a measuring cup, a donut pan, a mixing bowl, a whisk, and an oven. The ingredients are as follows:

- 1 cup of white spelt flour
- ½ cup of coconut sugar
- 1½ teaspoons of baking powder
- ⅛ teaspoon salt
- ¼ teaspoon of nutmeg
- ¾ teaspoon of cinnamon
- ¼ teaspoon of ginger
- ½ cup of apple cider
- ½ teaspoon of apple cider vinegar
- 1 teaspoon of vanilla extract
- 2 tablespoons of unsweetened applesauce
- ¼ cup of vegan buttery spread, melted
- 1 tablespoon of sugar
- 2 slices of cooked bacon, optional

How to make:

1. Preheat the oven to 350 degrees, and lightly grease the donut pan.
2. Place the flour, coconut sugar, salt, baking powder, and spices in a bowl, and whisk together.
3. Add the apple cider, vinegar, vanilla extract, applesauce, and melted vegan buttery spread, and stir well.
4. Spoon the mixture into the donut pan, and smooth out with the back of the spoon.
5. Bake at 350 degrees for 10-12 minutes.
6. If you want bacon included on your donuts, slice them into bits while you are waiting for the donuts to finish.
7. Let them cool in the pan for about 5 minutes, then overturn the pan to remove the donuts.
8. Dip warm donuts into the sugar to coat, and enjoy.
9. Sprinkle bacon bits onto donuts if you chose to use it as a topping.



**Figure 1: Spiced Apple Cider Donuts**

## **Cheesy Scrambled Eggs Recipe**

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This recipe is for eggs and toast, and it can be paired with any choosings of your liking, fruits, your choice of meat, etc.

Materials for this recipe include a bowl, a skillet, and a stovetop. The ingredients are as follows:

- 2-4 large free-range eggs (depending on your appetite)
- pinch of sea salt
- pinch of black pepper
- splash of milk
- butter
- shredded cheese of your choice
- slice of bread (and jelly if you like)

How to make:

1. Crack your eggs into a bowl.
2. Add a pinch of sea salt and black pepper into the bowl, as well as a splash of milk for ultimate creaminess.
3. Beat the eggs together with a fork.



**Figure 2: Beating Eggs**

4. Put a small skillet over a low heat, and drop in a knob of butter.
5. Melt the butter slowly until it's frothy. While the butter is melting, pop a slice of bread in the toaster.



**Figure 3: Melting Butter**

6. Sprinkle as much cheese as you would like, and stir slowly using a wooden spoon or spatula, bringing in all the mixture from the edges of the pan.
7. When the eggs look silky and slightly runny, put them on a plate.
8. Put butter or jelly on your toast (or you can put your eggs on top and add another slice to make a sandwich) and enjoy!





**Figure 4: Half Egg Sandwich**

## French Toast Recipe

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This french toast can be paired with toppings of your choice, such as fruit.

Materials for this recipe include a measuring cup, a bowl, a skillet, and a stovetop. The ingredients are as follows:

- 1 cup of soy or almond milk
- 2 tablespoons of chickpea flour
- 2 tablespoons of nutritional yeast
- 1 tablespoon of maple syrup or date honey
- ½ teaspoon of salt
- 1 tablespoon of coconut oil
- pinch of cinnamon
- 6 thick slices of bread
- maple syrup

How to make:

1. Beat the egg, vanilla, and cinnamon in a shallow dish.
2. Mix until smooth, and then stir in the milk.
3. Heat up a frying pan with a knob of butter, and place on medium heat.
4. Soak each slice of bread in the mixture for a few seconds on each side.
5. Place slices onto the frying pan to cook until browned on both sides.
6. Add your desired toppings, and drizzle with syrup.





## Pancakes Recipe

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These pancakes can be paired with toppings of your choice, such as fruit.

Materials for this recipe include a measuring cup, a mixing bowl, a skillet, and a stovetop. The ingredients are as follows:

- 1½ cups of all-purpose flour
- 3½ teaspoons of baking powder
- 1 teaspoon of salt
- 1 tablespoon of white sugar
- 1¼ cups of milk
- 1 egg
- 3 tablespoons of butter, melted
- maple syrup

How to make:

1. Sift the flour, sugar, baking powder, and salt into a large bowl.
2. With the exception of the oil, pour the rest of the ingredients into the bowl, and stir until blended.

Mixture will be smooth.



**Figure 6: Pancake Mixture**

3. Heat a lightly oiled skillet over medium-high heat.
4. Pour the batter onto the skillet, making the size of the pancake to your preference.
5. Cook until bubbles form and the edges are dry.



**Figure 7: Pancake Ready to Flip**

6. Flip, and cook until lightly browned on the other side.
7. Repeat with remaining batter.
8. Top the pancakes with fruits of your choice, or just pour some maple syrup on top, and enjoy!



**Figure 8: Blueberry-Topped Pancakes**