

## **Breakfast Guide for Mom**

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## Blueberry Waffles

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A recipe for Mom's homemade blueberry waffles. You'll need a mixing bowl, whisk, waffle maker and measuring cups/spoons.

Ingredients you will need

2 cups flour

2 tablespoons sugar

1 tablespoon baking powder

1 teaspoon salt

1 ¾ cups milk

1/3 cup vegetable oil

2 eggs

Blueberries

1. Preparing your waffle batter

- a) Combine the flour, sugar, baking powder and salt into your mixing bowl.
- b) Whisk the milk, vegetable oil and eggs together.
- c) Gradually pour the milk mixture into the dry mixture.
- d) Stir until almost blended.

Waffle Batter

2. Making your blueberry waffles

- a) Pour the batter into your waffle maker.
- b) Sprinkle fresh blueberries on top.
- c) Cook according to instructions on your waffle maker, usually 4-6 minutes on medium high or until the waffle maker stops steaming.



Yummy Blueberry Waffles, just like Mom makes them!

## Chocolate Peanut Butter Banana Shake

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A delicious breakfast shake that will satisfy your hunger and cure your sweet tooth! You'll need a blender and measuring cups/spoons. Yields two servings!!

Ingredients you will need

2 large overripe bananas, peeled and sliced

1 cup milk

¾ cup ice

¼ cup creamy peanut butter

2 tablespoons unsweetened cocoa powder

½ teaspoon vanilla extract

Instructions

- a) Add all ingredients to the blender.
- b) Blend until well pureed.
- c) Serve immediately!



A yummy breakfast shake.

## Breakfast Sandwich

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A quick recipe for breakfast sandwiches you can enjoy on the go or freeze and microwave any time! You'll need a toaster oven, large bowl, skillet, spatula, stove, paper towels and measuring cups/spoons. Yields six breakfast sandwiches!

Ingredients you will need

1 pack of English muffins

6 eggs

¼ cup chopped green onion

1 cup shredded cheddar cheese

2 ½ tablespoons vegetable oil

6 oz ground breakfast sausage

1. Toast the English muffins in a toaster oven.
2. In a large bowl, scramble the eggs, green onions and cheddar cheese together.
3. Heat vegetable oil in a skillet.
4. Pour the egg mixture into heated skillet.
5. Cook both sides of the egg equally and place to the side, covered so it stays warm.
6. Form the sausage into six small patties.
7. Fry until browned.
8. Remove from the skillet.
9. Drain on paper towels.
10. Make six breakfast sandwiches by layering a piece of sausage and a piece of fried egg between the two pieces of the English muffins.



Six delicious homemade breakfast sandwiches!

## Breakfast Toast

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Super simple recipe for breakfast toast that's quick and filling but only has a few ingredients. You'll need a toaster, pan, spatula and stove!

Ingredients you will need

Whole wheat bread

Refried beans

Salsa

Cilantro

Egg

Vegetable oil

1. Toast the bread.
2. Spread refried beans on your toast.
3. Spread salsa on top of that.
4. Fry an egg in your pan.
5. Place the egg on top of the toast/beans/salsa.
6. Sprinkle cilantro on top.



Yummy breakfast toast!

## References

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Resources used for Mom's Breakfast Guide.

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  - a) <http://www.epicurious.com/recipes/member/views/simple-homemade-waffles-50027026>
2. Breakfast Shake
  - a) <http://www.cookingclassy.com/chocolate-peanut-butter-banana-breakfast-shake/>
3. Breakfast Sandwich
  - a) <http://allrecipes.com/recipe/20682/muffin-morning-makers/>
4. Breakfast Toast
  - a) [https://www.buzzfeed.com/tashweenali/energy-boosting-breakfast-toasts?utm\\_term=.qrWX2ne5M#.ykRg1lRq0](https://www.buzzfeed.com/tashweenali/energy-boosting-breakfast-toasts?utm_term=.qrWX2ne5M#.ykRg1lRq0)