

## **Breakfast for Mom**

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# Welcome

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Wakey Wakey Eggs and (only for Armando) Bakey!! Let's make some breakfast!!

Welcome to my little ole apartment! It's your lucky day... we're going to be spending it making my favorite meal, breakfast!! The first meal of the day is also your most important meal so I'm going to try to make sure the recipes are well-balanced and of course, yummy :) So make yourself at home, I have everything you need in my kitchen already. I hope you're hungry!

## Breakfast Recipes

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### Blueberry Oatmeal Waffles

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If you are like me, and have a severe allergy to tree nuts, substitute the ingredient for something else. Some examples and ideas for alternatives that I use can be found under "Allergy Alternatives."

This recipe will make 6 eight-inch waffles.

Prep Time: 20 minutes

Cook Time: 5 minutes

#### Ingredients

- 1 cup all purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground allspice
- 1 cup quick cooking oats
- 1/3 cup unsweetened applesauce
- 1 1/2 cups milk
- 1 egg
- 3 tablespoons pure maple syrup
- 2 tablespoons canola oil
- 1 teaspoon pure vanilla extract
- 1 1/2 cups frozen blueberries

#### Directions

1. Turn the waffle maker on to allow it to preheat. For a golden brown waffle, Setting 3 is recommended.
2. Sift flour, baking powder, salt and allspice into a mixing bowl. Mix in the oats and egg.
3. Make a well in the center and add applesauce, milk, maple syrup, oil and vanilla. Stir until combined.
4. Let batter rest for 5 minutes or so, it will thicken a bit. Fold in the blueberries. Don't worry if the blueberries bleed into the batter, it's no biggie.
5. Pour batter into waffle maker. I typically use 1/2 cup of batter per waffle. Remember to coat machine with oil in between every waffle.
6. Take waffle out when it is cooked how you prefer. (Around 5 minutes) Pour maple syrup on top and enjoy!

## Ultimate Breakfast Sandwich

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This breakfast sandwich is great for on-the-go!

### Ingredients

- 1 english muffin
- 2 sausage patties (thawed if frozen)
- two slices thick cut bacon
- 1 hashbrown patty
- 2 slices tomato
- 1 slice cheese of your choice
- 1 1/2 teaspoon oil for cooking
- salt to taste

### Directions

1. Preheat the oven to 425 degrees. When the oven is heated, place the hashbrown on a pan in the oven while you prepare the other ingredients. The hashbrown typically takes 20-25 minutes to cook to a golden brown.
2. Turn the stove on "medium-high" and lightly coat the frying pan with cooking oil.
3. Place the sausage on one side of the pan and the bacon on the other side.
4. While all of that is cooking, place the english muffin in the toaster.
5. Cook the sausage and bacon until they are heated through. About 2 minutes on each side. When they are fully cooked, carefully remove them from the pan and cut the slices of bacon in half width-wise.
6. Remove the pan with the hashbrown from the oven once it is golden brown. Begin assembling the sandwich on the pan.
7. Place the items in this order, starting from the bottom up: the bottom slice of the bagel, sausage patty, slices of bacon, and the cheese. Then place the sandwich into the oven with the broiler on until the cheese is melted to your liking.

8. Remove from the oven and continue assembling the sandwich with the hash brown, tomato slices, and complete with the top half of the bagel.



## Sausage and Cheese Omelet

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1 serving

Prep Time: 2 minutes

Cook Time: 2 minutes

#### Ingredients

- 1 egg
- 1 teaspoon milk
- 1 fully cooked sausage patty, chopped
- 1/4 cup shredded cheese
- 1/4 diced tomato

#### Directions

1. Coat a 2-cup, microwave safe cereal bowl with cooking spray. Add egg and milk and beat together.
2. Microwave on high for 30 seconds. Push the cooked edges toward center then microwave again until the egg is almost set, about 15 to 45 seconds longer.
3. Sprinkle the cheese, sausage and tomatoes on top and fold the omelet in half. Slide the omelet onto plate and enjoy! This omelet pairs great with the breakfast mimosa!

## Breakfast Drinks

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### Mimosa

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Warning: This recipe contains alcohol. Consumption of alcohol is illegal if you are under 21.

Total Time: 5 minutes

#### Ingredients

- Chilled Champagne
- Chilled orange juice
- 1 tablespoon Triple Sec

#### Directions

Fill a champagne flute 1/2 full with chilled sparkling wine. Top it off with the orange juice. Finish the mimosa off with 1 tablespoon of triple sec.

## Allergy Alternatives

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Here are some ideas for alternative ingredients to use when a recipe calls for tree nuts

#### Almond Milk

- Milk
- Soy Milk
- Rice Milk
- Quinoa Milk

#### Coconut Oil

- Canola Oil
- Vegetable Oil
- Olive Oil
- Melted Butter

## Recipe Sources

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If you enjoyed these recipes, here are the websites that I used as reference. Explore the websites to find more delicious recipes!

- [29 Great Vegan Recipes](#)
- [Breakfast Recipes Around the World](#)

## Thank You!

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I hope you were able to find something you liked in my first recipe book! Please feel free to email me with any feedback or suggestions to make your experience better.

Contact me at [rayh17@vt.edu](mailto:rayh17@vt.edu)