

## **Breakfast for Mom**

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## Rise and Shine!!

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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

This recipe calls for white whole wheat flour, which bakes and tastes more like all-purpose flour. If you like wheaty tasting waffles, you can also use whole wheat pastry flour. But if you'd rather use all-purpose, then go ahead! Both are on top of my refrigerator.

#### Ingredients

- 1 cup white whole wheat flour
- 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 tablespoon brown sugar
- 1 1/2 cups unsweetened almond milk
- 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.
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!