

A guide to

Basic Breakfast

An e-cookbook brought to you by *Everything but the Chef*

www.ebtchef.com



Everything but the Chef

Helping build strong families one meal at a time!

Table of Contents

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Everything but the Chef provides meal plans for regular family time together (www.ebtchef.com)

| | |
|--|---------|
| Introduction (explanation of this e-cookbook) | ----- 3 |
|--|---------|

Recipe Sections:

| | |
|--|--------------|
| Drink it and Go (fast, healthy, tasty breakfast shakes) | ----- 4, 5 |
| Breakfast Rolls, and More | ----- 6-8 |
| Pancakes and Waffles | ----- 9, 10 |
| <i>Truly</i> Incredible, Edible Eggs | ----- 11-13 |
| Fruit Sides | ----- 14, 15 |
| High Pro Quick Breakfast Options | ----- 16 |
| Marvelous Menus! | ----- 17 |
| Hints that Help with Breakfast | ----- 18, 19 |

INTRODUCTION

Your e-cookbook guide to basic breakfast recipes will help add variety and interest to your morning meals. This guide has 5 short recipe sections as labeled on the Table of Contents page. Each of these sections begins with the simplest recipe and then others follow which incorporate more ingredients and require a little more prep time.

Following the recipe sections is a list of some *easy* high protein breakfast options--things that have a little more *stick-with-you-through-the-morning* nutritional power. Finally, last and best of all--breakfast menu suggestions!

Breakfast is a great time for a little family togetherness! Besides we've all heard that breakfast is the most important meal of the day and according to Purdue University's student health center: "Students who eat breakfast perform better in school, pay more attention to lectures, are more creative, think better, and score higher on exams."

We've also heard that eating breakfast actually decreases our tendency to gain weight. Some reasons include some of the following things we know about breakfast—

- It lowers risk of indulging in high calorie foods later in the day.
- It helps decrease fat intake throughout the day.
- It kick starts the metabolism to burn fat more effectively
- It aids in choosing more appropriate snacks between meals
- It provides brain with needed energy source, glucose.
- It improves psychosocial behaviors.
- It gives needed energy for the day.
- It affords better concentration, less boredom, less anxiousness.

(<http://housing.ucsc.edu/dining/pdf/breakfast.pdf>)

Have Fun! With this basic guide you'll be lookin' good with *Everything but the Chef* helping you build a strong family one meal at a time.

Tell your friends about *Chef*-- a helping hand in getting a meal on the table every night!

DRINK IT AND GO – Refreshing Breakfast Shakes

They're quick and easy and healthy too! The combinations are endless. Here are a few that are really tasty.

Strawberry Icy

2 cups orange juice
¾ cup strawberries (washed and hulled)
4-6 ice cubes

Sprinkle strawberries with sugar (optional). Add all to blender and mix well. Makes 2-3 servings.

Yogurt Frosty

½ cup frozen yogurt (any flavor)
1 large banana (or peach)
1 cup milk (more or less depending on your preference for “thick”)

Peel and cut fruit in a few pieces. Add all to blender and mix well. Makes 1 large or 2 small servings.

Orange Juiciest

6 oz frozen orange juice concentrate
1 cup water
1 cup milk
½ cup sugar (or equivalent of preferred sweetener--*stevia*, *agave nectar*, etc.)
1 tsp vanilla
10 ice cubes

Add all to blender and mix until ice is as smooth as you like it. Makes about 3 servings.

Lime Refresher

¾ cup limeade
2-3 Tbsp lime juice
1 cup cran-apple juice
1 cup vanilla frozen yogurt
1 piece of fruit, chopped (such as peach, banana or ½ cup strawberry pieces)
5 ice cubes (more or less)

Add all to blender and mix well. Makes about 3 servings.

Melon Berry Blend

1 cup cantaloupe pieces
1 cup honeydew pieces
1/3 cup strawberry pieces
1/2 cup milk
3/4 cup strawberry yogurt
10 ice cubes (more or less)

Add all to blender and mix until smoooooth. Makes about 3 servings.

Strawberry Smoothie

2 cups strawberry pieces
1/2 cup strawberry nectar
1 cup chopped peaches
1 cup plain yogurt
10 ice cubes (more or less)

Add all to blender and mix until ice is completely crushed. Makes about 4 servings.

Berry Creamsicle

1 cup vanilla frozen yogurt
1/2 cup frozen blackberries (or 1 cup fresh)
1/4 cup frozen strawberries (or 1/2 cup fresh pieces)
3/4 cup milk
1/4 tsp lime juice (leave out if you don't have it on hand)

Add all to blender and mix well. Makes about 2 servings.

Enjoy these refreshing shakes and find your family's favorite combinations

BREAKFAST ROLLS AND MORE

The beauty of these recipes is that you can make them ahead so in the morning you've got breakfast ready! Most of these recipes freeze great too, so while you're at it make a large batch—some for now and some for later!

Streusel Topped Rolls

1 pkg (8) brown and serve rolls
3 Tbsp soft butter
1 Tbsp flour
2 tsp cinnamon/sugar mix

Preheat oven to 400 degrees. Combine 2 Tbsp butter with flour and cinnamon/sugar. Place rolls on cookie sheet. Spread roll tops with remaining Tbsp of butter (divided evenly). Sprinkle roll tops with dry mix and bake 6-8 minutes or until golden brown.

Cream Cheese Crescents

3 oz chive & onion Cream Cheese spread
3 slices packaged fully-cooked bacon (or 2-3 raw, cooked crisp)
1 can (8 oz) refrigerated crescent dinner rolls

Preheat oven to 375 degrees. Mix cream cheese with bacon. Separate dough into 8 triangles and cut each into half lengthwise. Spread each with about a teaspoon of cream cheese. Roll up beginning at wide edge down to point. Place dough point sides down on ungreased baking sheet. Bake 12-15 minutes until golden. Serve warm. Makes about 6 servings (2-3 crescents each).

Simplest Biscuits

2 cups buttermilk complete pancake mix
2 tsp baking powder (pantry item)
1 cup milk (pantry item)
¼ cup melted butter (pantry item)

Preheat oven to 425 degrees. Mix all ingredients in the order given. Drop by spoonfuls (8) onto lightly greased cookie sheet. Bake 8-10 minutes, or until golden brown. Serve warm with butter.

Butterscotch Bundt Rolls

½ cup chopped pecans
20 frozen rolls (dough)
3 oz package non-instant butterscotch pudding mix
½ cup brown sugar (pantry item)
½ cup melted butter (pantry item)

Coat a bundt pan with nonstick cooking spray. Layer nuts and rolls. Mix sugar and pudding together and sprinkle on top. Drizzle butter over the top of that. Cover with plastic wrap (or waxed paper). Let rise 3-4 hours at room temperature, or in a very warm place about 1 hour, until doubled. Preheat oven to 370° degrees. Bake 20 minutes covered and then 10 minutes more uncovered, or until tops are golden. Remove from oven and immediately loosen rolls from sides of pan with a knife and invert onto a platter.

Brown Sugar Muffins

½ cup butter (not hard)
2 large eggs
¼ tsp salt
1 tsp vanilla
1 cup brown sugar
2 cups flour (for better nutrition use part whole oat flour* and part whole grain wheat along with white)
1 Tbsp cinnamon
1 tsp baking soda
¾ cup milk
2 Tbsp ground flax seeds (small coffee grinder works well)

Preheat oven to 375 degrees. Mix everything in the order given and pour into muffin papers. Bake 12-15 minutes until centers poked with toothpick comes out clean. Serve warm with butter. Makes 12 large muffins or 18 smaller ones.

Note: This recipe can be cut in half or doubled. Cooled muffins freeze well in a ziplock bag.

*Raw oats (dry oatmeal) pureed in a blender makes nice oat flour.

Bacon Pie

12 slices fully-cooked bacon (or 10 slices raw, cooked crisp)
1 cup shredded swiss cheese
½ cup chopped onion
2 cups milk
1 cup bisquick (or other pancake mix)
4 eggs

Preheat oven to 400 degrees. Lightly grease 10-inch pie pan. Sprinkle bacon, cheese and onion into pan. Beat remaining ingredients one minute with a little salt and pepper. Pour this into pie pan. Bake 35-40 minutes. Let stand 5 minutes before slicing and serving. (Make ahead and bake in the morning) Serves about 6-8.

Broccoli Cheese Breakfast Quiche

16 oz pkg frozen broccoli cuts
8 slices package fully-cooked bacon (or 8 oz raw, cooked crisp)
4 cups shredded cheddar cheese
1 cube margarine (or equivalent your preferred spread)
1 can (12 oz) evaporated milk
4 eggs
2/3 cup bisquick (or other pancake mix)
dash of nutmeg (if you have it)
dash of salt and pepper

Preheat oven to 350 degrees. Put broccoli in microwave for 2-3 minutes (just until completely thawed). Add bacon (crumbled) and cheese. Put next six ingredients in blender and combine. Stir blender ingredients with broc/bacon/cheese mix. Put in a greased 9 x 13 dish and bake 40 minutes. Or cover and put in frig overnight and bake in the morning. Serves about 8.

Granola (Make Ahead)

4 cups raw oats
3/4 cup wheat germ
3/4 cup each –almonds, cashews and pecans
1/2 cup sunflower seeds
3/4 cup brown sugar

Mix all the above ingredients in a large bowl and set aside.

6 Tbsp water
1/3 cup + 1 Tbsp canola oil
1/3 cup honey
1/3 cup + 1 Tbsp peanut butter
1 1/2 tsp real vanilla

Combine these next 5 ingredients in a saucepan and bring to a full boil. Stir this into the dry ingredients and spread onto a large baking sheet. Bake for 2 hours, stirring every 20-30 minutes. Cool and break into pieces.

*Note: This recipe can be doubled easily, freezes well, and is delicious in a **Parfait** with layers of granola, vanilla yogurt and berries.

PANCAKES AND WAFFLES

Easiest Healthy Yum Pancakes/Waffles

1 cup whole grain pancake mix (*Kodiak Cakes* brand is really good)
1 egg
2 Tbsp ground flax seeds (small blade or coffee grinder works well)
 $\frac{3}{4}$ cup + 2 Tbsp milk (buttermilk or water)

Blend all with a wire whisk and fry on lightly greased hot griddle until golden brown on both sides. Slowly pour enough batter that spreads into about a 5-inch circle. This will give you approximately 8 pancakes.

For Waffle: add 1 Tbsp cooking oil to batter before blending. Pour into waffle iron and cook until light to dark brown (depending on your preference). Enjoy topped with one of our fabulous toppings suggested below or...well, use your imagination!

Favorite Scratch Pancakes/Waffles

When you don't have a ready-made mix on hand, here's what you can whip up—

1 egg
1 cup buttermilk (or use $\frac{1}{2}$ cup milk and $\frac{1}{2}$ cup sour cream, or just milk)
2 Tbsp olive oil (or any cooking oil, or melted shortening, butter or other spread)
1 Tbsp sugar
1 tsp baking powder
 $\frac{1}{2}$ tsp baking soda (omit for waffles)
 $\frac{1}{2}$ tsp salt
1 cup flour

Beat egg with wire whisk and then whisk in remaining ingredients in the order given. Fry 5-inch circles of batter on hot griddle or skillet until they puff and are full of bubbles. Before bubbles break turn and cook other side until golden brown: or cook batter in hot waffle iron. Serve with buttermilk syrup or any of the fabulous toppings listed in this handy e-cookbook. Makes about 8 five-inch waffle squares or pancakes.

Buttermilk Syrup

1 cup butter
2 cups sugar
 $\frac{1}{2}$ cup white corn syrup
2 cups buttermilk
1 tsp baking soda
2 tsp real vanilla

Mix all in saucepan and bring to a boil. Boil 7 minutes and store any unused in refrigerator.

Pancake and Waffle Toppers and Additions:

- Top with sliced strawberries and whipped cream sweetened with powdered sugar.
- Top with peanut butter, and jelly or syrup.
- Fold extra ingredients into your batter just before cooking such as: chopped nuts or shredded cheese, or 1/2 cup fresh or frozen (well drained) blueberries, or any diced fruit.
- Top with orange butter: beat 1/2 cup butter (or other spread) with 1 tsp grated orange *peel*.
- Top with butter, cooked sausage link or patty, and maple syrup.
- Omit half the milk in pancake/waffle recipe and replace it with enough applesauce to make a smooth, thin consistency.
- Spread sour cream over pancake or waffle and top with a spoonful of cherry pie filling.
- Hawaiian: mix 1/4 cup crushed pineapple with 1/2 cup sour cream and spread on pancakes or waffles. Then drizzle with mixture of pineapple juice (drained from can okay) and maple syrup (2 to 1).

Denver Stack

8 five-inch pancakes or waffle squares
maple syrup
mustard butter
Denver filling

Spread two pancakes/waffles with mustard butter. In between the two put Denver filling, and then top with maple syrup. Serves 4.

Mustard butter: beat 1/2 cup butter (or other spread) with 1 tablespoon prepared mustard.

Denver filling: Cook and stir 1/4 cup minced onion and 1/4 cup minced bell pepper (any color) in one tablespoon butter (or olive oil) until onion is tender. Add 1/3 cup diced cooked ham, and heat through.

Basic French Toast

2 eggs
1/2 cup milk
pinch of sugar
1/4 tsp vanilla (optional)
6 small-medium sized slices bread (white, whole grain, raisin, or cinnamon)

Toast bread and let cool. Whisk eggs, milk and sugar until well blended. Dip toast into egg mix covering both sides, and fry on hot griddle until browned—flip bread and brown other side. Serve hot bread sprinkled with powdered sugar or spread with butter and syrup or jam. Makes 2-3 servings.