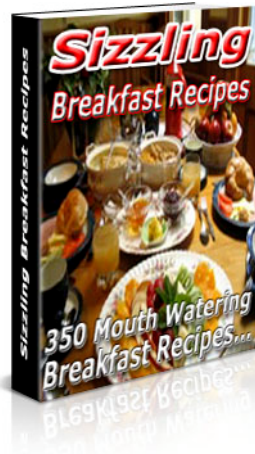


# Sizzling Breakfast Recipes

## The Cookbook for America's Favorite Breakfast Recipes



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## Seared Peach Pancakes

Makes 8 servings

### Ingredients

4 medium peaches, nectarines, or apples  
2 cups all-purpose flour  
1/4 cup sugar  
2 tsp. baking soda  
3 eggs  
1-3/4 cups milk  
2 Tbsp. butter, melted  
1 Tbsp. malt vinegar  
Butter  
Maple syrup

### Directions

1. Slice fruit crosswise about 1/4 inch thick, cutting around pit to form rings. For apples, core and slice crosswise; set aside. In a bowl combine flour, sugar, and baking soda. Make well in center of flour mixture; set aside.
2. In another bowl whisk together eggs, milk, melted butter, and vinegar. Add egg mixture to flour mixture. Stir until moistened.
3. Add about 1 teaspoon butter to a hot, large nonstick skillet or griddle.  
Place a peach slice on hot skillet. Pour or spread a scant 1/4 cup batter over peach slice.  
Cook over medium heat about 2 minutes on each side until pancakes are golden brown, turning when pancakes have bubbly surfaces and edges are slightly dry. Repeat with remaining batter and peach slices; add butter to skillet as needed. Serve warm with maple syrup.

Makes 8 servings.

Test Kitchen Tip: To slice peaches or nectarines into rings, slice the fruit crosswise around the pit, then peel off the ring. If you use apples, core the fruit first, then slice into rings.

## ***Acapulco Baked Eggs***

**Ingredients:**

8 large eggs  
2 tablespoons butter or margarine  
6 tablespoons milk  
3/4 teaspoon salt  
1/4 teaspoon pepper  
2/3 cup extra-sharp cheddar -- shred  
1 4 ounces can green chiles -- chopped  
tomato sauce, ketchup  
chili or taco sauce -- optional  
tomatoes; sliced -- garnish

**Cooking Directions:**

Put butter in 8" square baking pan. Set in 350~ oven to melt. Shake pan to distribute butter evenly. Slightly beat eggs, milk, salt and pepper. Pour into pan. Bake at 350 for 10 minutes or until eggs begin to set. Sprinkle with cheese and chiles. Draw a wide metal spatula across bottom of pan several times to break up mixture. Bake, breaking up mixture again several times, for 5 more minutes or until of desired doneness. Serve with tomato sauce, ketchup or chili sauce, if used. Garnish with sliced tomatoes.

## ***All-In-One-Breakfast***

Ingredients:

- 1 slice whole wheat bread -- toasted
- 1 teaspoon butter
- 3 fresh mushrooms -- thin sliced
- 3 tomato slices
- 2 tablespoons grated parmesan cheese
- 1 slice bacon; crisp -- drain/crumble

Cooking Directions:

Place toast on baking sheet. Spread with butter if desired. Cover with mushrooms and tomato slices. Sprinkle cheese and crumbled bacon on top. Bake in 350 degree oven until cheese melts. 1 serving

## ***Almond Quiche***

**Ingredients:**

1/2 cup onion -- chopped  
2 tablespoons butter  
2 egg -- beaten  
1 cup half and half  
1 cup milk  
1 tablespoon flour  
1/4 teaspoon pepper -- white  
1 1/2 cups swiss cheese -- shredded  
1 cup almonds -- sliced  
1 pie shell -- baked

**Cooking Directions:**

Saute onion in butter until tender. In small bowl, beat together the eggs, both milks, flour and pepper until lightly frothy. Stir in the cooked onion, cheese and toasted sliced almonds until well mixed. Pour the mixture into a still hot baked pie shell. Bake at 325F for about 45 minutes. When done, a knife inserted in the middle will come out clean. Let stand for 10 minutes, slice and serve.

## ***Amaretto Butter & Amaretto Syrup***

Ingredients:

-----amaretto butter-----

2 tablespoons amaretto

1/2 cup butter or margarine -- soften

-----amaretto syrup-----

1/4 cup amaretto

1 cup maple syrup

Cooking Directions:

AMARETTO BUTTER: Combine butter and amaretto. AMARETTO SYRUP: In small saucepan, combine amaretto and syrup. Heat to boiling. Allow to cool before serving.

## ***Amaretto French Toast***

**Ingredients:**

6 tablespoons amaretto  
4 eggs -- well beaten  
1/2 cup milk  
12 slices french bread  
amaretto butter (see recipe)  
amaretto syrup (see recipe)

**Cooking Directions:**

In shallow bowl mix all ingredients except bread. Soak bread in mixture. In large skillet, melt some butter. Drain bread. Cook in butter until both sides are golden brown. Serve immediately with Amaretto butter and Amaretto Syrup. NOTE: For a change, try Irish Cream instead of Amaretto.

## ***Amaretto Pancakes***

**Ingredients:**

2 cups bisquick

2 eggs

1 cup milk

1/4 cup amaretto

1/2 cup almonds -- sliced

amaretto butter (see recipe)

amaretto syrup (see recipe)

**Cooking Directions:**

Beat pancakes ingredients together until smooth. Cook as usual.



## ***American-Style Strata***

**Ingredients:**

12 sl sourdough bread -- or  
6 sl whole-grain bread -- halved  
1 3/4 cups mozzarella or monterey jack -- shred  
1 1/2 cups cooked beef, lamb or pork  
cut bite-size  
1 cup carrot or zucchini -- shred  
4 eggs  
2 cups milk  
1/2 teaspoon salt  
1/2 teaspoon dry mustard  
1/4 teaspoon ground black pepper  
1 teaspoon worcestershire  
1 teaspoon dried thyme leaves -- crumble  
1 teaspoon dried basil leaves -- crumble

**Cooking Directions:**

In a 10x6x2 baking dish, layer bread slices to cover bottom of dish. Sprinkle cheese, meat and veggies over bread. In a bowl, stir together the eggs, milk and seasonings till well mixed. Pour carefully over ingredients in baking dish. Cover. Let stand 1 hour at room temperature or in fridge for longer periods. Uncover. Bake 325~ for 50 to 60 minutes or until center is nearly set. Let stand 10 minutes. Cut into squares.

## **Apple Oat Pancakes**

**Ingredients:**

1/2 cup quick-cooking rolled oats  
2 cups water  
2 cups pancake mix, complete -- \*  
1/2 cup apple -- \* \* shredded  
2 tablespoons sugar  
1/2 teaspoon cinnamon

**Cooking Directions:**

In medium bowl, combine rolled oats and water; let stand 5 minutes. Meanwhile, heat large nonstick skillet or griddle to medium high heat (375F). Grease lightly with oil. Add remaining ingredients to rolled oats mixture; stir just until all ingredients are moistened. (Batter will be thin). For each pancake, pour 1/4 cup batter into hot skillet. Cook 1 to 1 1/2 minutes, turning when edges look cooked and bubbles begin to break on surface. Continue to cook 1 to 1 1/2 minutes or until golden brown. Serve with syrup, if desired. 15 (4-inch) pancakes; 5 servings Note: use low-fat Bisquick if you prefer.

## ***Apple Pancakes***

**Ingredients:**

1 cup flour -- sifted  
1 teaspoon baking powder  
1/8 teaspoon salt  
1/4 teaspoon cinnamon  
1/8 teaspoon cloves  
3 tablespoons butter  
1 egg  
1/3 cup milk  
2 tablespoons powdered milk  
1/2 cup applesauce

**Cooking Directions:**

Mix together flour, baking powder, salt, cinnamon and cloves. Cut butter into flour mixture. In a small bowl, beat together egg, milk, powdered milk and apple sauce. Combine flour mixture with egg mixture until well mixed. Bake on hot griddle. Serve with butter and syrup or fruit.

## ***Apple Pancakes With Cinnamon Nonfat Yogurt***

**Ingredients:**

1 cup all-purpose flour  
3 tablespoons nonfat egg substitute  
1 1/2 cups nonfat plain yogurt  
1/2 tes baking powder  
3 tablespoons orange juice  
3 tablespoons maple syrup  
4 granny smith apples  
or other tart apples  
peeled/cored/sliced  
1/4 teaspoon ground cinnamon  
mint leaves

**Cooking Directions:**

Combine the flour, egg substitute, 1 cup yogurt, baking powder, orange juice, and 2 tablespoons maple syrup into a batter. If you like thinner pancakes, add 2 to 4 tablespoons of water at this point. Let rest for 1/2 hour. Meanwhile, in a nonstick skillet, saute the sliced apples with 1 tablespoon water until the slices are tender and caramelized. Combine the remaining yogurt and maple syrup with the cinnamon. Using a nonstick omelette pan, make thin crepes by pouring 3 tablespoons of the batter into the preheated pan and rolling it around to uniformly cover the surface of the pan. Cook over medium heat about 1 minute, flip with a spatula and cook the other side for about 10 seconds. Continue until all the batter has been used. For each serving, roll each of two crepes around 2 tablespoons of the apples. Garnish with a dollop of flavored yogurt and a mint leaf. 278 calories, 1.2 grams fat per 3 (4- to 5-inch) pancakes with filling.

## ***Apple Sausage Pancakes With Cider Syrup***

**Ingredients:**

1 egg  
1/2 teaspoon cinnamon  
1 cup pancake mix  
1/2 cup fresh apple -- shredded  
2/3 cup milk  
1/2 pound bulk pork sausage -- browned  
2 tablespoons oil  
-----cider syrup-----  
1/2 cup sugar  
1 cup apple cider  
1 tablespoon cornstarch  
1 tablespoon lemon juice  
1/8 teaspoon pumpkin pie spice  
2 tablespoons margarine or butter

**Cooking Directions:**

Heat griddle to 375~. In small bowl, beat egg on high speed until thick and lemon colored, about 5 minutes. Lightly spoon pancake mix into measuring cup; level off. Stir in pancake mix, milk, oil and cinnamon. Fold in apples and sausage. Grease griddle lightly before making each pancake. Pour batter from 1/4 cup measuring cup onto hot griddle. Bake until bubbles appear, about 2 minutes on each side. Serve with hot Cider Syrup. CIDER SYRUP: In medium saucepan, combine sugar, cornstarch and pumpkin pie spice; stir in apple cider and lemon juice. Cook, stirring constantly, until mixture thickens and boils for 1 minute. Remove from heat and stir in margarine.

## ***Apple-Brie Cheese Omelet***

**Ingredients:**

1/2 apple  
peel- core and thinly slice  
2 1/2 tablespoons butter -- divided  
2 eggs  
2 teaspoons cream or milk  
salt & pepper  
2 tablespoons diced brie cheese

**Cooking Directions:**

Saute 1/2 apple in one Tbsp. butter. Beat together two eggs, 2 tsp. cream or milk, and salt & pepper until blended but not frothy. Melt 1 1/2 Tbsp. butter in omelette pan over high heat until foam begins to recede but before beginning to color. Pour in egg mixture and prepare omelette, beating to lighten but still allowing it to set on the bottom. Fill with sauteed apples and 2 Tbsp. diced Brie cheese cubes. Fold or roll and slide out of pan onto a heated plate.

## ***Apple-Cheddar Omelet***

**Ingredients:**

4 sl bacon -- chopped  
1 can cheddar cheese soup  
8 eggs  
1/3 cup milk -- whole  
1 sm apple; peeled -- chopped  
1 cup cheese, cheddar -- shredded  
about 4 ounces  
1/8 teaspoon pepper, black -- ground

**Cooking Directions:**

Microwave or fry bacon until crisp, drain, reserve drippings. Stir 1/2 cup of soup in bowl until smooth, add eggs; beat until well blended, set aside. In casserole, stir remaining soup until smooth, stir in apple, milk, cheese and pepper. Cover, micro-cook 4 minutes on HIGH until hot and bubbling. Stir once. Let stand, covered, while preparing omelets. Brush 1 teaspoon bacon drippings in bottom of pie plate. Pour in 1/2 egg mixture. Cover, micro-cook 2 minutes on HIGH. Using spatula, gently move outer edge to center, letting uncooked portion move to edge. Micro-cook 2 minutes on HIGH or until set. Fold in half, slide on plate. Repeat with bacon drippings and remaining egg mixture. Spoon sauce over each omelet, sprinkle with bacon.

## ***Bacon 'n Eggs Crescent Sandwich***

**Ingredients:**

1 cup refrigerated crescent rolls  
1 tablespoon onion -- chopped  
4 cheddar cheese slices  
1/2 cup milk  
1/2 pound bacon  
2 eggs

**Cooking Directions:**

Cook the bacon crisp; crumble. Heat oven to 375~. Separate dough into 4 rectangles. Place 2 rectangles in ungreased 8" square pan; press over bottom and 1/2" up sides to form crust, sealing perforations. Place cheese slices over dough. Sprinkle bacon and onions over evenly. Blend milk and eggs; pour over bacon. Separate remaining dough into triangles; arrange triangles over bacon-egg mix; do not seal. Bake for 30-35 minutes or until golden brown and filling is set.



## ***Bacon And Cheese Breakfast Pizza***

**Ingredients:**

1 9" single-crust pastry  
1/2 pound bacon; cook -- crumble  
8 ounces swiss cheese -- shredded  
4 eggs  
12 ounces sour cream  
2 tablespoons fresh parsley -- chopped

**Cooking Directions:**

Roll pastry to fit into a 12" pizza pan. Bake at 425~ for 5 minutes. Sprinkle bacon and cheese evenly over crust. In a bowl, beat eggs, sour cream and parsley until smooth; pour over pizza. Bake for 20 to 25 minutes or until pizza is puffy and lightly browned. Yield 6 main-dish or 18 appetizer servings.

## ***Baked Cheddar Toast***

**Ingredients:**

1 cup heavy cream  
1 cup cheddar cheese -- shredded  
1/2 teaspoon nutmeg  
1/4 teaspoon white pepper  
4 large eggs -- well beaten  
12 slices bread

**Cooking Directions:**

In the top of a double boiler, combine the cream, cheddar, white pepper, and nutmeg. Stir over hot water until the cheese melts and the mixture is well blended. Remove from the heat and cool to lukewarm. Generously butter a large baking sheet and set aside. Cut the bread slices diagonally and dip each triangle into the cheddar mixture. Place 1/2-inch apart on the baking sheet and bake until browned and bubbly, about 15 minutes. Serve hot.

## ***Baked Eggs***

**Ingredients:**

1 large egg  
1/4 teaspoon mustard -- prepared  
4 drops worcestershire  
1/4 cup bean sprouts -- chopped  
2 tablespoons scallions -- chopped  
2 tablespoons parsley -- chopped  
1/4 cup cheddar cheese -- shredded

**Cooking Directions:**

Break egg into a lightly greased individual baking dish. Stir egg to break yolk. Add mustard, Worcestershire, bean sprouts, onion and parsley; stir to mix thoroughly. Mix in half the cheese. Top with remaining cheese. Place dish in a larger pan that has about 1 in. hot water. Bake at 350F for 10-15 minutes or until egg is firm.

## ***Baked Eggs In Mushroom Sauce***

**Ingredients:**

1 Pound Mushrooms  
4 Tablespoons Butter  
3 Tablespoons Flour  
2 Cups Milk  
1 Bouillon Cube  
1 Tablespoon Boiling Water  
1 Tablespoon Grated Onions  
1/2 Teaspoon Salt  
Pepper -- to taste  
6 Large Eggs

**Cooking Directions:**

Wash and slice mushrooms, stems and all. Saute over medium heat in butter, stirring occasionally, for 10 minutes.

Stir in flour, milk, bouillon cube dissolved in hot water, grated onion, salt and pepper. Cook, stirring, until thick.

Pour about 1/2 cup of sauce into each of 6 individual ramekins or casseroles (sauce should be about 1" deep).

Break an egg into each ramekin.

Slip a spoon under egg and press into sauce so that egg will sink lightly. Remove spoon.

Bake in a 350 degree oven until eggs are cooked to desired doneness, about 20 minutes.

## ***Baked English Omelette***

**Ingredients:**

6 eggs -- beaten  
2/3 cup milk  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 1/2 cups cheddar cheese -- shredded  
1 green onion -- slice thin  
3 slices bacon; cook -- crumble  
1 tablespoon butter or margarine  
1 tablespoon parmesan  
add'l bacon for garnish -- opt

**Cooking Directions:**

Beat milk into eggs. Stir in seasonings, cheddar, onion and bacon. Melt butter in a 9" frying pan. Pour egg mixture into pan. Sprinkle with Parmesan. Bake at 400~ for 20 minutes or until set and golden. Garnish with additional bacon, if desired. Serve immediately.

## ***Baked Fluffy Orange French Toast***

Ingredients:

6 eggs -- separated  
1/2 cup orange juice  
3 tablespoons sugar  
2 tablespoons milk  
2 teaspoons grated orange peel  
12 bread slices  
1/2 teaspoon salt  
powdered sugar  
-----sauce-----  
1/2 cup sour cream  
1/4 cup orange marmalade

Cooking Directions:

Heat oven to 450~. Grease large cookie sheet. In medium bowl, beat egg whites until foamy. Gradually add sugar, beating until stiff peaks form; set aside. Beat egg yolks; stir in orange juice, orange peel, salt and milk. Fold egg yolk mix into beaten egg whites. Dip bread slices into egg mix until evenly coated. Place on prepared cookie sheet. Bake for 5-8 minutes or until golden brown ( do not turn toast). In small saucepan, combine sour cream and marmalade; heat over low heat just until warmed. Serve immediately with sauce.

## ***Baked French Toast***

**Ingredients:**

8 slices bread  
12 ounces evaporated skim milk  
4 eggs  
1/4 cup brown sugar  
1 teaspoon vanilla extract  
3/4 teaspoon ground cinnamon

**Cooking Directions:**

Lightly coat 9"x13"x2" pan with non-stick vegetable spray. Arrange bread slices in bottom of pan. Combine all remaining ingredients and mix well, using whisk or egg beater. Pour mixture evenly over bread. Cover tightly and refrigerate several hours or overnight. To bake, preheat oven to 350. Remove bread from refrigerator and spray lightly with non-stick vegetable spray. Bake 30-35 minutes, until lightly browned. Serve with hot maple syrup, powdered sugar, and cinnamon. Sylvia's notes: this worked fine, came out reasonably crisp on the outside and reasonably soggy on the inside. Definitely a fine lower-fat alternative to the traditional fried french toast.

## ***Baked Scrambled Egg Casserole***

**Ingredients:**

2 tablespoons margarine  
1 1/2 cups cooked ham -- chopped  
1/2 cup green onions -- sliced  
1 can cream of mushroom soup  
12 eggs  
4 ounces cheddar cheese -- shredded  
1/2 cup half & half

**Cooking Directions:**

Heat oven to 250~. Grease 2-qt casserole. In large skillet, melt margarine. Saute onions until crisp tender. In large bowl, beat eggs; stir in half & half and ham. Pour egg mixture into skillet with onions; mix well. Cook over medium heat. As mixture begins to set, gently lift cooked portions with spatula so that thin uncooked portions can flow to bottom. Avoid constant stirring. Cook until eggs are thickened throughout; spoon into prepared casserole dish. Pour soup evenly over top. Bake at 250~ for 30 minutes; sprinkle with cheddar cheese and bake 10-15 minutes longer.



## ***Banana Bran Pancakes***

**Ingredients:**

1 1/3 cups milk  
2 eggs  
1/4 cup vegetable oil  
1 teaspoon vanilla  
1/2 cup banana  
1 1/2 cups bran chex cereal  
1 cup all purpose flour  
3 tablespoons sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/8 teaspoon ground nutmeg

**Cooking Directions:**

In blender, process milk, eggs, oil, vanilla, and banana just to mix. Add bran cereal, process. Add remaining ingredients. Process to combine. Scrape sides of container. Let stand 5 minutes. Stir. Bake on preheated, lightly greased griddle over medium heat. Pour out enough batter to form 3" to 4" pancakes. Cook until edges are set. Turn. Cook until browned. Repeat with remaining batter. Refrigerate or freeze leftover pancakes with two squares of waxed paper between each. Reheat in toaster.

## ***Banana Bread French Toast***

Ingredients:

-----bread-----  
1 package banana quick bread mix  
3 tablespoons oil  
1 cup water  
1 egg  
1/2 cup mashed banana  
-----egg mixture-----  
3 eggs  
1 teaspoon vanilla  
1/2 cup milk

Cooking Directions:

Heat oven to 375~. Grease and flour bottom of 9" loaf pan. In large bowl, combine all bread ingredients. Stir 50-75 strokes; just until dry particles are moistened. Pour into prepared pan. Bake 40-50 minutes or until tested done. Cool in pan 15 minutes; remove from pan; cool completely. Cut bread into 12 slices. Heat skillet to 375~. Grease lightly with margarine. In pie pan, combine eggs, milk and vanilla; beat well. Dip bread slices in egg mixture, turning to coat both sides well. Cook in skillet 2-3 minutes on each side or until golden brown. Serve with syrup.

## ***Banana Burrito***

Ingredients:

1 6" flour tortilla  
1 tablespoon creamy peanut butter  
2 teaspoons raspberry spread -- \* see note  
1 teaspoon shredded coconut -- (optional)  
1/2 medium banana

Cooking Directions:

\* Use the red low calorie (8 calorie per spoon) raspberry spread. 1. Lay tortilla on flat surface; spread evenly with peanut butter and raspberry spread. Sprinkle with coconut, if desired. 2. Place banana on edge of tortilla; roll up to enclose. Wrap loosely in paper towel. Microwave on High 35 seconds.

## ***Basic Biscuits***

**Ingredients:**

3 1/4 cups cake flour  
1 teaspoon salt  
1 tablespoon sugar  
4 teaspoons baking powder  
4 tablespoons butter or margarine  
or vegetable shortening  
1 egg -- lightly beaten  
1 cup milk  
2 tablespoons milk  
1 spray shortening and corn  
meal for coating pan

**Cooking Directions:**

Preheat oven to 400~. In a food processor or a large bowl, mix 3 cups of the flour with the salt, sugar and baking powder. Cut the butter into the dry ingredients until the mixture is textured like cornmeal. Separately mix the egg with the milk, and stir all but 2 tbsp. of this liquid into the dry mixture. Mix just enough to make a uniformly moistened dough. Dust a clean work surface with 1/2 the remaining flour, and turn the dough out onto the floured surface. Sprinkle the top with the rest of the flour, and with floured hands, gently push the dough into a circle about 1/2" thick. Cut with a 2" or 3" biscuit cutter, and place the cut biscuits close together on a greased corn meal coated cookie sheet. You will get about 12 biscuits. Brush the tops of the biscuits with the reserved milk egg mixture. Bake in the preheated oven until puffed and brown, about 15 minutes. Cool for a few minutes before serving. Yields about a dozen biscuits.

## ***Basic Buttermilk Biscuits***

**Ingredients:**

3 1/2 cups flour  
1 teaspoon salt  
1 tablespoon sugar  
4 teaspoons baking powder  
1 teaspoon baking soda  
4 tablespoons butter  
2 eggs -- lightly beaten  
1 1/2 cups buttermilk  
1 spray shortening and cornmeal for coating pan

**Cooking Directions:**

Preheat oven to 400~. In a food processor or a large bowl, mix 3 cups of the flour with salt, sugar, baking powder and baking soda. Cut the butter into the dry ingredients until the mixture is textured like cornmeal. Separately mix the eggs with the buttermilk, and stir all but 2 tbsp. of this liquid into the dry mixture. Mix just enough to make a uniformly moistened dough. Dust a clean work surface with 1/2 the remaining flour, and turn the dough out onto the floured surface. Sprinkle the top with the rest of the flour, and with floured hands, gently push the dough into a circle about 1/2" thick.. Cut with a 2" or 3" biscuit cutter, and place biscuits close together on a grease and cornmeal coated cookie sheet. You will get about 12 biscuits. Brush the tops of the biscuits with the reserved buttermilk egg mixture. Bake in the preheated oven until puffed and brown, about 15 minutes. Cool for a few minutes before serving.

## ***Basic Buttermilk Drop Biscuits***

**Ingredients:**

3 cups flour  
1 teaspoon salt  
1 tablespoon sugar  
4 teaspoons baking powder  
1 teaspoon baking soda  
4 tablespoons butter  
2 eggs -- lightly beaten  
1 1/4 cups buttermilk  
1 spray shortening and corn  
meal for coating pan

**Cooking Directions:**

Preheat oven to 425~. In a food processor or a large bowl, mix the flour with the salt, sugar, baking powder and baking soda. Cut the butter into the dry ingredients until the mixture is textured like cornmeal.. Separately mix the eggs with the buttermilk, and stir all but 2 tbs. of this liquid into the dry mixture. Mix just enough to make a uniformly moistened dough.. Drop spoonfuls of the dough onto a greased and cornmeal coated cookie sheet about an inch apart. Brush tops with reserved egg and buttermilk mixture. Bake in the preheated oven until puffed and brown, about 12 minutes. Cool for a few minutes before serving. Yields about 15 biscuits..

## **Basic Cornmeal Biscuit**

Ingredients:

2 cups cornmeal -- any color  
1 1/2 cups flour  
1/4 teaspoon salt  
1 tablespoon sugar  
1 pinch cayenne pepper  
2 teaspoons baking powder  
1 teaspoon baking soda  
4 tablespoons butter  
1 egg -- lightly beaten  
1 1/4 cups buttermilk  
1 spray shortening

Cooking Directions:

Preheat oven to 425~. In a food processor or large bowl, mix 1 1/2 cups of the cornmeal with the flour, salt, sugar, cayenne pepper, baking powder and baking soda. Cut the butter into the dry ingredients until the whole mixture is the texture of cornmeal. Separately mix the egg with the buttermilk, and stir all but 2 tbsp. of this liquid into the dry mixture. Mix just enough to make a uniformly moistened dough. Dust a clean board with half the remaining cornmeal, and turn the dough out onto the floured surface. Sprinkle the top with the remaining cornmeal, and with flowered hands, gently push the dough into a circle about a 1/2" thick. Cut with a 2" or 3" biscuit cutter, and place biscuits close together on a greased cookie sheet. Brush top of the biscuits with the reserved buttermilk egg mixture. Bake in the preheated oven until puffed and brown, about 12 minutes. Cool for a few minutes before serving. Yields about 1 dozen biscuits.

## ***Basic Crepes #1***

**Ingredients:**

2 Cups All-Purpose Flour  
1/2 Teaspoon Salt  
4 Large Eggs  
1 Cup Milk -- cold  
1 Cup Cold Water  
4 Tablespoons Butter -- melted  
Salad Oil

**Cooking Directions:**

Combine flour, salt and eggs; blend well.

Blend in milk, water and butter. Mix well.

Refrigerate batter for at least 2 hours, allowing the flour particles to swell and soften so that the crepes are light in texture.

Brush the bottom of a 6 or 7" crepe pan or heavy skillet lightly with salad oil and heat pan over medium heat until just hot, not smoking.

Pour scant 1/4 cup of batter in pan and quickly tilt pan in all directions to run batter all over bottom of pan in a thin film.

Cook for about 1 minute. Lift edge of crepe to test for doneness.

The crepe is ready for flipping when it can be shaken loose from the bottom of pan.

Flip the crepe and cook for about 1/2 minute on other side; this is rarely more than a spotty brown and is used as side on which filling is placed.

Crepes can be made in advance and stacked between layers of waxed paper to prevent them from sticking.

Crepes can be frozen; heat them in a covered dish at 300 degrees to thaw.

Yield; about 22 crepes



## ***Basic Crepes #2***

**Ingredients:**

2 Eggs -- slightly beaten  
2/3 Cup Milk  
3 Tablespoons Oil  
1/2 Cup All-Purpose Flour  
1/4 Teaspoon Salt

**Cooking Directions:**

In medium bowl, stir together beaten eggs, milk and 1 Tbsp. oil.

Gradually stir in flour and salt; beat until smooth.

Cover and refrigerate at least 1 hour.

Lightly brush a six or seven inch crepe pan or skillet with some of the remaining oil; heat until hot. Stir batter.

Pour about 2 Tbsp. batter into hot pan; tilt quickly so that batter runs to cover the bottom of the pan thinly but completely.

Cook, turning once, until light brown on both sides.

Repeat, using all the batter.

Brush pan with oil when necessary.

Recipe make about 12 crepes.

## ***Basic Drop Biscuits***

**Ingredients:**

2 1/2 cups cake flour  
2 tablespoons cake flour  
1 tablespoon sugar  
2 teaspoons baking powder  
4 tablespoons shortening  
1 egg -- lightly beaten  
1 cup milk  
1 spray shortening

**Cooking Directions:**

Preheat oven to 425~. In a food processor or a large bowl, mix the flour with the salt, sugar and baking powder. Cut the shortening into the dry ingredients until the mixture is the texture of cornmeal. Separately mix the egg with the milk, and stir all but 2 tbs. of this liquid into the dry mixture. Mix just enough to make a uniformly moistened dough. Drop spoonfuls of the dough onto a greased and cornmeal coated cookie sheet about 1" apart. Brush tops with reserved liquid. Bake in the preheated oven until puffed and brown, about 12 minutes. Cool for a few minutes before serving. Yields about 15 biscuits.

## ***Basic Omelet***

**Ingredients:**

2 egg  
2 tablespoons milk  
1/8 teaspoon salt  
1 pinch pepper  
2 teaspoons butter  
1/8 teaspoon tarragon -- dried

**Cooking Directions:**

In a small 1 qt. bowl beat eggs milk, salt and pepper. In a small bowl melt butter in microwave for 15 seconds. Pour egg mixture into a shallow bowl and cover tightly with plastic wrap. Cook at FULL POWER in microwave oven for 45 seconds. With a rubber spatula or fork, move cooked eggs toward center. Cook at FULL POWER covered in microwave for 1 minute. Let stand covered at least 1 1/2 minutes. Loosen egg from dish with a rubber spatula. (If omelet is not cooked enough, return it to oven for an additional 30 seconds.)

## ***Basic Pancakes Mix***

Ingredients:

mix--

4 cups wholewheat flour

4 cups flour, all-purpose

2 cups wheat germ

1 cup milk -- nonfat dry

1/3 cup baking powder

1 teaspoon salt -- pancakes-

1 1/2 cups dry mix -- \*

1 eggs -- beaten well

1 1/4 cups milk, skim -- or water

1 tablespoon oil

nonstick cooking spray

Cooking Directions:

\*Make your own nutritious, homemade pancake mix. Store the dry mix in an airtight container--add the wet ingredients when you are ready to prepare the pancakes. Combine the mix with the egg, milk, and oil. Do not overmix; the batter will be slightly lumpy. Heat a TEFLON pan, or other pan spray with nonstick cooking spray, over medium heat. Pour about 1/4 cup of batter per pancake onto the heated pan. When the cakes are bubbly on top and brown on the bottom, flip and brown on the other side.

## ***Basque Tortilla***

**Ingredients:**

4 slices bacon  
2 teaspoons sliced green onions/tops  
3/4 teaspoon salt  
1 dash pepper  
3 med. potatoes  
1 tablespoon snipped parsley  
1/8 teaspoon dried thyme -- crushed  
4 large eggs

**Cooking Directions:**

In 8-inch skillet cook bacon until crisp; drain, reserving 2 T of drippings. Crumble bacon and set aside. In same skillet combine reserved drippings, peeled, thinly sliced potatoes, onion, parsley, salt, thyme and pepper. Cover tightly; cook over low heat til potatoes are barely tender, 20 to 25 minutes, stirring carefully once or twice. In small bowl beat together eggs and milk; pour over potato mixture. Cover and continue cooking over very low heat til egg is set in center, 8 to 10 minutes. With a wide spatula, loosen sides and bottom and slide potatoes out onto serving plate, or serve from skillet. Sprinkle crumbled bacon atop. Serve hot.

## ***Belgian Club Soda Waffles***

**Ingredients:**

2 cups biscuit mix  
1 1/3 cups club soda  
1 egg  
3 tablespoons oil

**Cooking Directions:**

Mix well. Pour into Belgian waffle for an extra light waffle. Makes four Belgian waffles.

## ***Benny's Eggs***

**Ingredients:**

orange hollandaise sauce-  
1 egg  
2 tablespoons lemon juice  
1 teaspoon orange rind -- grated  
1/2 cup butter -- melted  
eggs-  
8 large eggs  
4 slices rich egg bread or brioche  
toasted  
3 ounces cream cheese -- soft  
3 ounces sliced smoked salmon  
or use lox  
orange slices -- garnish  
fresh mint sprigs -- garnish

**Cooking Directions:**

**SAUCE-**In a large metal bowl, whisk together egg, lemon juice and orange rind over a pan of boiling water for 1 minute. Gradually whisk in butter until sauce is smooth and well blended. It will be rather thin while warm, but will thicken as it cools slightly. **EGGS-**Crack eggs into shallow pan of boiling water. Poach until done to your liking. Meanwhile, toast the bread. Spread with cream cheese. Top with the salmon. Place on plate. Top with 2 eggs per serving. Spoon sauce over. Serve with oranges and mint or parsley.

## ***Best Ever Waffle's***

Ingredients:

2 Eggs  
2 Tablespoons Sugar  
1 Teaspoon Salt  
1/2 Cup Oil  
1 Package Active Dry Yeast  
1/2 Cup Warm Water  
2 Cups Milk  
3 Cups Flour

Cooking Directions:

Dissolve yeast in 1/2 cup warm water.

Scald milk and cool.

In a large mixing bowl, beat eggs well, then add other ingredients.  
Stirring until mixture is blended. Then beat until the batter is smooth.

The batter may be stored in a large fruit juice container so that it does not rise over the top.

This will keep in refrigerator for a long time.



## ***Blueberry Muffins***

**Ingredients:**

2 cups all-purpose flour  
1/2 cup sugar  
3 teaspoons baking powder  
1/2 teaspoon salt  
1 cup milk  
1 egg  
4 tablespoons butter, or margarine\*  
3/4 cup fresh or frozen blueberries --

**Cooking Directions:**

Preheat oven to 425 degrees. Grease a muffin pan with 2+1/2-inch diameter cups, or line with paper baking cup liners; set aside. In a bowl, sift together flour, sugar, baking powder and salt; add frozen blueberries, and make a well in the center. Pour the milk into a 2 cup glass measure and add egg and butter; blend well. Pour liquid all at once into flour well. (This method allows you to mix the batter with fewer strokes, avoiding overtiring.) Making 12 to 15 full circular strokes that scrape the bottom of bowl; stir just until dry ingredients are moistened. Batter 'should' be lumpy. Fill each prepared muffin cup 2/3 full with batter. Bake for 20 to 25 minutes or until tops are lightly browned. Remove muffins from pan immediately (otherwise moisture condenses on bottom of cups and muffins become soggy). Makes 12.

## ***Bran Griddle Cakes***

**Ingredients:**

1 1/4 cups sifted flour  
3/4 teaspoon salt  
2 teaspoons sugar  
3 teaspoons baking powder  
2 egg yolks -- well beaten  
1 3/4 cups milk  
1 cup post's bran flakes  
1 tablespoon butter -- melted  
2 egg whites -- stiffly beaten

**Cooking Directions:**

Sift flour once, measure, add salt, sugar, and baking powder, and sift again.

Combine egg yolks and milk. Add to flour gradually, stirring only until smooth.

Add Post's Bran Flakes and butter.

Fold in egg whites.

Bakes on hot, well-greased griddle.

Serve hot with Log Cabin Syrup.

Makes 24 cakes.

## ***Buckwheat Cakes***

**Ingredients:**

1 cup buckwheat flour  
1 teaspoon baking powder  
1 1/2 tablespoons sugar  
1/4 teaspoon soda  
1/4 teaspoon salt  
1 egg -- well beaten  
1 cup sour milk  
1 tablespoon butter -- melted

**Cooking Directions:**

Sift flour once, measure, add baking powder, sugar, soda and salt, and sift again.

Combine egg and milk and add to flour. Stir only until smooth.

Add butter.

Bake on hot, well-greased griddle.

Serve hot with Log Cabin Syrup.

## ***Cornmeal Pancakes***

**Ingredients:**

1 1/2 cups Bisquick baking mix

1 1/2 cups milk

1/2 cup yellow cornmeal

1 Egg

**Cooking Directions:**

Beat all ingredients with hand beater until smooth.

For each pancake, pour generous 1/2 cup batter onto hot griddle. (Grease griddle if necessary.)

Cook until pancakes are dry around edges.

Turn; cook other side until golden brown.

## ***Crepes***

**Ingredients:**

3/4 cup water

3/4 cup milk

3 Eggs

1/2 teaspoon salt

1 1/2 cups flour

3 tablespoons butter or margarine

**Cooking Directions:**

In blender container combine all ingredients and blend on high speed for 1 minute.

Refrigerate mixture 2 hours.

Place 6" skillet over medium heat. Brush bottom and sides of skillet with melted butter or margarine.

Pour in 2 Tbsp. batter; tip pan to coat bottom with batter.

Cook until top is set and bottom is lightly browned.

With spatula, turn crepe and cook other side 1 minute.

Repeat procedure until all batter is used.

## ***Dill Crepes***

**Ingredients:**

3 Eggs  
1/2 cup milk  
1/2 cup water  
3 tablespoons butter -- melted  
3/4 cup all-purpose flour  
1/2 teaspoon salt  
1/2 teaspoon dried dill weed

**Cooking Directions:**

If using blender, combine all ingredients in blender container. Blend about 1 minute. Scrape down sides of container with rubber spatula, if necessary. Blend until smooth, about 30 additional seconds.

If using mixer, rotary beater or whisk, combine eggs, milk, water and butter in mixing bowl. Beat until combined. Add flour, salt and dried dill weed. Beat until smooth.

Bake immediately or refrigerate batter 1 hour.

If you have special crepe pan, follow manufacture's directions.

Otherwise, on medium-high heat, heat buttered 10" omelet pan (or 8" crepe pan) until just hot enough to sizzle drop of water.

For each crepe pour scant 1/4 cup (2 Tbsp. in 8" pan) batter in pan, rotating pan as batter is poured.

Cook until lightly browned on bottom.

Remove from pan or, if desired, turn and brown on other side. (Crepes to be filled need only be browned on 1 side. Use unbrowned side for filling.)

Stir batter frequently to keep dill distributed.

tack between sheets of paper toweling or waxed paper until ready to use.

Crepes may be frozen.

Yield: 2 cups batter.

## ***Dixie Waffles***

**Ingredients:**

2 Cups Flour -- sifted  
2 1/4 Teaspoons Baking Powder  
1/2 Teaspoon Salt  
1 Tablespoon Sugar  
1 1/2 Cups Milk  
2 Egg Yolks -- well beaten  
2 Tablespoons Butter -- melted  
2 Egg Whites -- stiffly beaten

**Cooking Directions:**

Sift flour once, measure, add baking powder, salt, and sugar, and sift together twice.

Combine milk, egg yolks, and butter; add to flour.

Fold in egg whites.

Bake on hot waffle iron.

Serve hot with Log Cabin Syrup.

Makes six 4-section waffles.

## ***Favorite Blueberry Pancakes***

**Ingredients:**

1 1/4 cups all-purpose flour -- sifted  
3 teaspoons baking powder  
1 tablespoon sugar  
1/2 teaspoon salt  
1 egg -- beaten  
1 cup milk\*  
2 tablespoons salad oil  
3/4 cup fresh or thawed blueberries --  
drained

**Cooking Directions:**

Stir together dry ingredients. Combine egg, milk, and salad oil; add to dry ingredients, stirring just till moistened. Bake on hot griddle. When undersides on pancakes are nicely browned, sprinkle about 2 tablespoons of drained blueberries over each cake. Turn, brown other side. Makes about 12 dollar-size, or eight 4-inch size pancakes.



## **Griddle Cakes**

**Ingredients:**

1 cup sifted flour  
1 teaspoon baking powder  
1/4 teaspoon salt  
3/4 cup milk  
1 Egg -- well beaten  
1 1/2 tablespoons butter -- melted

**Cooking Directions:**

Sift flour once, measure, add baking powder and salt, sift again.

Combine milk and egg and add to flour. Stir only until smooth. Add butter.

Bake on hot, well-greased griddle.

Serve hot with Log Cabin Syrup.

Makes 12 cakes.

## ***Ham Waffles***

**Ingredients:**

2 Cups Flour -- sifted  
1/4 Teaspoon Baking Soda  
2 Teaspoons Baking Powder  
1/2 Teaspoon Salt  
1 Tablespoon Sugar  
2 Egg Yolks -- well beaten  
1 3/4 Cups Sour Milk  
1/3 Cup Butter -- melted  
2 Egg Whites -- stiffly beaten  
1 Cup Smoked Ham -- uncooked, diced

**Cooking Directions:**

Sift flour once, measure, add soda, baking powder, salt, and sugar, and sift again.

Combine egg yolks, milk, and butter. Add to flour, beating until smooth.

Fold in egg whites.

Bake on hot waffle iron. Sprinkling 1/4 cup ham over batter of each waffle just before closing iron.

Serve soft scrambled eggs on each waffle.

Makes four 4-section waffles.

## ***Impossible Brunch Pie***

**Ingredients:**

1 package frozen broccoli -- cooked and drained  
OR other frozen vegetable of your choice  
1 cup sour cream  
1 cup cottage cheese -- creamed  
1/2 cup Bisquick. baking mix  
1/4 cup butter -- melted  
2 eggs  
1 tomato -- thinly sliced  
1/4 cup Parmesan cheese -- grated

**Cooking Directions:**

Heat oven to 350 degrees.

Grease 9" pie plate.

Spread broccoli in plate.

Beat sour cream, cottage cheese, baking mix, margarine and eggs until smooth, 15 seconds in blender on high or 1 minute with hand beater.

Pour into plate.

Top with tomatoes; sprinkle with Parmesan cheese.

Bake until knife inserted between center and edge comes out clean, about 30 minutes.

Cool 5 minutes.

6-8 servings.

Note: 8 ounces of frozen asparagus spears, cooked and drained can be substituted for the broccoli.

High Altitude (3500 to 6500 feet): Use pie plate, 10 x 1 1/2 inches. Bake about 35 minutes.

## ***Mable Wheeler's Blueberry Pancakes***

**Ingredients:**

1 cup pancake mix  
1 Cup milk  
1 Egg  
1 tablespoon vegetable oil  
1 can Comstock Blueberry Pie Filling -- (21 oz.)  
2 tablespoons butter  
1/4 cup orange juice  
1/2 cup firmly packed light brown sugar

**Cooking Directions:**

In medium bowl, combine pancake mix, milk, egg and vegetable oil; blend well.

Drain pie filling; reserve syrup.

Gently stir berries into batter.

Pour about 1/4 Cup batter onto hot griddle. Cook until bubbles form on top and underside is golden brown.

Turn; brown other side.

Repeat with remaining batter.

In small saucepan, combine reserved syrup, butter, orange juice and sugar. Cook and stir until butter melts.

Serve over pancakes.

NOTE: Sauce may be stored and used over ice cream or cake.

## ***Nature Cereal***

Ingredients:

1 Cup Honey  
1/2 Cup Brown Sugar  
1/4 Cup Oil  
1/2 Cup Water  
Cinnamon -- to taste  
1 Box Oats -- old fashioned  
Coconut  
1 Bag Almonds -- small  
1/4 Bag Wheat Germ  
Raisins  
Banana Chips

Cooking Directions:

Heat honey, sugar, oil, water and cinnamon.

Pour honey mixture over oats, coconut almonds and wheat germ.

Bake for 45 minutes at 325 degrees. Stir 3 times.

Add raisins, banana chips etc.

Store in Tupperware.

## **Potato Pancakes**

Ingredients:

4 Potatoes -- shredded

1/4 cup flour

1/2 cup sour cream

Salt

1 Egg

Onions to taste

Cooking Directions:

Shred potatoes and dry in paper towels.

Mix all ingredients together.

Spoon in hot oil and turn when browned..

## ***Rice Omelet***

**Ingredients:**

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3/4 cup cooked rice

salt to taste

1/2 cup grated cheese

fresh ground pepper to taste

1/2 cup pepperoni -- 1/4" cubes

3 tablespoon butter

8 eggs

**Cooking Directions:**

In a bowl, with a fork blend the rice, cheese and pepperoni. Beat the eggs in a separate bowl just long enough to mix the whites and yolks; then season lightly with salt and pepper. In a large frying pan or omelet pan, over medium high heat, melt the butter, being sure the entire bottom of the pan is coated. Pour the eggs into the pan and cook for an omelet, lifting the cooked part of the eggs to allow the uncooked part to run under, and shaking the pan when the bottom starts to set. While the top is still moist, spoon the rice filling down the center of the omelet. Fold over, and cook just long enough to heat the filling and melt the cheese. Or, if you prefer, cook individual omelets, using 2 or three eggs per person, and divide the filling among the omelets. Makes 3 to 4 servings...

## ***Rye Crepes***

**Ingredients:**

3/4 cup all-purpose flour  
3/4 cup rye flour  
1 teaspoon salt  
1 teaspoon baking powder  
1 Egg  
1 tablespoon vegetable oil  
2 1/4 cups milk

**Cooking Directions:**

Combine flours, salt and baking powder.

Beat egg with oil and milk until well blended.

Add flour mixture and beat until smooth.

Let batter rest one hour before cooking crepes.

Use about 2 Tbsp. batter for 6" crepe.

Yield: 12 to 15 crepes



## ***Sour Dough Hot Cakes #2***

**Ingredients:**

STARTER: Old time recipe.

1/4 package granular dry yeast

1/4 cup luke warm water

Flour

**Cooking Directions:**

Dissolve yeast in luke warm water. Put dissolved yeast into a bowl and add enough flour (3/4 to 1 Cup unsifted) to make a running batter.

Place in small crock or in large jar. Do not cover tightly. Just cover jar with a cloth or place a saucer over the top of the jar.

Put in a warm place to sour.

Each day for 5 days, add 1/2 cup luke warm water and enough flour to keep the batter at the same consistency. You will then have a sour dough starter.

For really good flavor, dough should be properly soured before using.

Every time you use some of the starter again add water and flour.

If you use only occasionally, you may store it in the refrigerator and feed it every week with flour and water.

Never put any of the mixed batter into the starter. Keep it perfectly free from fat, egg or other leavening material.

FOR HOT CAKES: 3 Well beaten eggs 1 Cup milk 2 Cups sour dough mix 1 3/4 Cups sifted flour 1 Tsp. soda 2 Tsp. baking powder 1/4 Cup sugar

Combine all ingredients.

Bake on a greased griddle.

These can be made on an ungreased griddle but in that case 1/4 Cup of melted fat must be added.

To make thinner cake add more milk.

Bake at 370 degrees.

## **Sourdough Hot Cakes #1**

Ingredients:

\*\*\*FOR SOURDOUGH STARTER\*\*\*

2 cups flour

2 cups warm water

1 package dry yeast

FOR HOT CAKES

2 Eggs

1 tablespoon sugar

1 teaspoon baking soda

1 teaspoon salt

2 tablespoons butter

Cooking Directions:

To prepare starter:

Mix together 2 cups flour, 2 cups warm water, and 1 pkg. dry yeast in a bowl. Cover with damp cloth and let stand in a warm place overnight or for at least 6 hours. (If left in oven, there is not need to turn on oven; pilot light will provide enough heat or turn electric oven to "warm".)

To prepare Hot Cakes:

Measure 1/2 cup sourdough starter and place in closed...

Heat griddle over medium heat.

Use 1/4 cup batter for one medium-size hot cake. Pour onto hot griddle. Turn hot cake when top is covered with bubbles and edges looked cooked. Brown on second side.

Serve with honey and melted butter.

Makes 8 Hot Cakes.

## ***Southern Waffles***

**Ingredients:**

1 Cup Boiling Water  
1 Cup Yellow Cornmeal  
2 Cups Flour -- sifted  
3 Teaspoons Baking Powder  
1 1/4 Teaspoons Salt  
1 Tablespoon Sugar  
2 Cups Milk  
2 Egg Yolks -- well beaten  
3 Tablespoons Butter -- melted  
2 Egg Whites -- stiffly beaten

**Cooking Directions:**

Pour boiling water over corn meal.

Sift flour once, measure, add baking powder, salt, and sugar, and sift again.

Add milk to corn meal then egg yolks and flour, mixing well. Add butter.

Fold in egg whites.

Bake on hot waffle iron.

Serve hot with Log Cabin Syrup.

Makes seven 4-section waffles.

## ***Strawberry Crepes***

Ingredients:

CREPES:

4 Eggs

1 cup flour

1/2 cup milk

1/2 cup water

salt

2 teaspoons melted oleo

2 teaspoons sugar

1 teaspoon vanilla

FILLING:

2 cups whipped cream

6 ounces cream cheese

1 1/2 cups powdered sugar

2 cups strawberries -- no juice, up to 3

Cooking Directions:

Measure all ingredients for crepes except flour. Beat. Gradually add flour.

Cook, spread very thin only on one side.

Fill crepe with filling and roll up.

## ***Vanilla Crepes With Orange Sauce***

**Ingredients:**

1 Cup milk  
2 tablespoons vanilla extract  
1/2 cup sugar  
3 tablespoons all-purpose flour  
3 Eggs -- divided  
16 Crepes  
2 tablespoons melted butter  
Orange sauce -- (see recipe)

**Cooking Directions:**

Scald milk and vanilla. Set aside.

Combine sugar, flour, and egg yolks. Stir in milk mixture. Cook over medium heat, stirring constantly, until mixture comes to a boil. Cook a few seconds; remove from heat.

Beat egg whites until stiff; fold gently into egg yolk mixture.

Place about 3 Tbsp. batter on each crepe; roll crepes loosely over batter.

Place on cookie sheet; brush crepes with melted butter.

Bake at 350 degrees for 20 to 25 minutes.

Arrange crepes on platter; serve immediately with Orange sauce.

## ***Waffles #1***

Ingredients:

2 Cups Flour -- sifted  
2 Teaspoons Baking Powder  
1/2 Teaspoon Salt  
3 Egg Yolks -- well beaten  
1 Cup Milk  
4 Tablespoons Butter -- melted  
3 Egg Whites -- stiffly beaten

Cooking Directions:

Sift flour once, measure, add baking powder, salt, and sift again.

Combine egg yolks, milk and butter. Add to flour, beating until smooth.

Fold in egg whites.

Bake on hot waffle iron.

Serve hot with Log Cabin Syrup.

Makes four 4-section waffles.

## **Waffles #2**

Ingredients:

2 Cups Flour -- sifted  
3 Teaspoons Baking Powder  
1 Teaspoon Baking Soda  
1 Tablespoon Sugar  
3/4 Teaspoon Salt  
2 Eggs  
1 2/3 Cups Shortening -- soft

Cooking Directions:

Mix ingredients.

## ***Wheat Griddle Cakes***

**Ingredients:**

1 cup sifted flour  
3/4 teaspoon baking powder  
1/8 teaspoon soda  
1/2 teaspoon salt  
1/2 tablespoon sugar  
1 cup buttermilk -- or thick sour milk  
1 Egg -- well beaten  
1 tablespoon butter -- melted

**Cooking Directions:**

Sift flour once, measure, add baking powder, soda, salt and sugar, and sift again.

Combine milk and egg and add to flour. Stir only until smooth.

Add butter.

Bake on hot, well-greased griddle.

Serve hot with Log Cabin Syrup.

Makes 12 to 15 cakes.



## ***Whole Wheat Crepes***

**Ingredients:**

3/4 cup all-purpose flour  
3/4 cup whole wheat flour  
1 teaspoon salt  
1 teaspoon baking powder  
1 Egg  
1 tablespoon vegetable oil  
2 1/4 cups milk

**Cooking Directions:**

Combine flours, salt and baking powder.

Beat egg with oil and milk until well blended.

Add flour mixture and beat until smooth.

Let batter rest one hour before cooking crepes.

Use about 2 Tbsp. batter for 6" crepe.

Yield: 12 to 15 crepes

## **Yogurt Blender Pancakes**

Ingredients:

1 Egg  
1 cup Borden Lite-line Plain Yogurt -- (8 oz.)  
2 tablespoons vegetable oil  
1 cup unsifted flour  
1 tablespoon sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/4 teaspoon ground cinnamon -- (optional)  
**\*\*BLUEBERRY CINNAMON TOPPING\*\***  
1 cup Borden Lite-line Blueberry Yogurt  
2 tablespoons honey  
1/4 teaspoon ground cinnamon

Cooking Directions:

In blender container, blend egg, yogurt and oil until smooth.

Add dry ingredients; blend until smooth.

On lightly greased hot griddle, pour scant 1/4 cup batter for each pancake. When pancake is covered with bubbles, turn over. Brown second side 1 to 2 minutes.

Serve with butter and syrup or Blueberry Cinnamon Topping.

**BLUEBERRY CINNAMON TOPPING:** In small saucepan, over low heat, combine ingredients. Warm mixture; do not boil. Serve over pancakes.

## ***Apple-Sausage Coffeecake***

**Ingredients:**

4 sausage patties  
2 tart apples, peeled, cored and sliced 1/4-inch thick  
2 tablespoons brown sugar  
1 teaspoon cinnamon  
1 1/2 cups pancake batter  
1 tablespoon butter

**Instructions:**

Preheat oven to 450 degrees F. In a large skillet, saute sausage until browned. Pour off any fat from skillet, add apple slices, sprinkle with sugar and cinnamon. Saute 1-2 minutes until apples just lose their crispness. Set aside. Place the butter in a well-seasoned 9-inch iron skillet and heat in preheated oven until bubbly and hot. Arrange the sausage in the pan, cover with apples, distributing evenly. Pour the batter over the apples and bake until nicely browned, about 8-10 minutes. Cut into pie-shaped wedges and serve immediately.

## ***Breakfast Burritos with Fruit Salsa***

**Ingredients:**

96 eggs  
6 cups milk  
16 Tbsp (12-ozs.) pimento, drained, diced  
3 cups chilies, canned, chopped  
8 Tbsp cumin  
8 Tbsp cilantro, fresh, chopped  
- salt and pepper, to taste  
8 Tbsp butter  
20 cups (8 lbs.) precooked sausage, crumbled  
96 flour tortillas  
4 cups sour cream  
- Cheddar or Monterey Jack cheese, shredded  
16 (7 lb. 8 oz.) apples, cored, peeled, and diced  
16 (4 lbs.) peaches, pitted, peeled and diced  
4 cups (2 lbs.) lime juice  
24 Tbsp (1 lb. 9 oz.) honey  
16 Tbsp (1/2 oz.) cinnamon, ground  
1/2 cup cilantro, fresh, chopped

**Instructions:**

1. In a bowl combine the eggs, milk, pimento, chilies, cumin, cilantro, salt, and pepper. 2. Melt butter in a large saute pan. Pour egg mixture into pan and scramble eggs. 3. Add sausage to heat through. 4. Place about 1/2 cup of sausage-egg mixture onto the center of each flour tortilla. 5. Place about 2 Tbsp of sour cream and 1/4 cup of cheese on each and fold as would for a burrito. These can be made in advance, wrapped in paper and when ready to serve, reheat. 6. Combine all ingredients and refrigerate until ready to use. Can be made a day in advance. Serve on the side with burritos. - Serve garnished with cilantro, lime slices, and sour cream. Can be served with Spanish rice or refried beans on the side. Makes 96 Burritos

## ***Breakfast Sausage***

**Ingredients:**

3 pounds fresh pork shoulder, trimmed well  
1 small onion, sliced  
4 garlic cloves  
2 teaspoons dried sage, crumbled  
1 teaspoon dried savory, crumbled  
2 teaspoons salt (optional)  
1/2 teaspoon ground black pepper  
6 tablespoons milk

**Instructions:**

Trim pork of all fat; cut into 1 1/2-inch cubes. Freeze pork for 30 minutes. In meat grinder or food processor, grind pork and then grind pork again with onion and garlic. In large bowl, mix seasonings into pork mixture. Stir in milk 1 tablespoon at a time. Cover and chill for one hour. Form into 16 patties, cover and refrigerate for 12-24 hours to marry flavors. Use within two days or wrap in air-tight paper and freeze. To cook, over medium-high heat on griddle or in skillet, cook sausages until browned and cooked through.

## ***Broccoli Frittata***

**Ingredients:**

1/2 cup non-fat cottage cheese  
1/2 tsp dried dill  
2 cups fat-free egg substitute  
1 pkg. (10-oz) frozen chopped broccoli  
1 tsp olive oil  
2 tsp margarine  
1 onion, diced

**Instructions:**

In large non-stick frying pan over medium heat, saute onions in oil for 5 minutes, or until soft. Add broccoli and dill; saute for 5 minutes, or until broccoli is heated through. In a large bowl, mix eggs, and cottage cheese. Stir in broccoli mixture. Wipe out frying pan, then place it over medium-high heat and let stand for about 2 minutes. Add 1 tsp margarine and swirl the pan to distribute it. Add half of the egg mixture; lift and rotate pan so that eggs are evenly distributed. As eggs set around the edges, lift them to allow uncooked portions to flow underneath. Turn heat to low, cover the pan, and cook until top is set. Invert onto a serving plate and cut into wedges. Repeat with remaining 1 tsp margarine and egg mixture.

## ***California Pink Shrimp Omelette***

**Ingredients:**

2-ozs (1/2 cup) California Pink Shrimp  
1/2 cup nonfat egg substitute  
2 tsp cold water  
- fresh cracked black pepper  
1/4 tsp dried dill (optional)  
1 Tbsp semi-soft goat cheese  
1 tsp chopped chives  
- nonstick cooking spray

**Instructions:**

Pour nonfat egg substitute into a small bowl, add water, dill and black pepper. Beat with a whisk until foamy. Spray a 6-8 inch nonstick skillet with nonstick cooking spray and set over medium heat. When skillet is hot, add the egg mixture. Push the egg mixture toward the center of the pan with a spatula until the mixture begins to set. Place the goat cheese and California Pink Shrimp meat on half of the egg mixture. Fold the other half over the filling and slide the omelette onto a warm dinner plate. Garnish the top with chopped chives.

## ***Cheesy Sausage Strata***

**Ingredients:**

1/2 pound pork sausage  
1/2 pound Mozzarella cheese, grated  
2 cups leftover bread cubes  
4 eggs  
1 1/2 cups milk  
1/2 teaspoon salt (optional)  
1/4 teaspoon pepper  
1/8 teaspoon nutmeg

**Instructions:**

Grease a 10-inch deep-dish pie plate or a 9-inch square baking dish. Brown & crumble sausage in a large skillet; set aside. Spread bread over bottom of dish, top with sausage and grated cheese. Beat together remaining ingredients and pour over cheese and sausage. Bake at 350 degrees F. for 45 minutes, until lightly browned. Let stand 10 minutes before cutting. Makes 8 servings.



## ***Cinnamon Raisin French Toast***

**Ingredients:**

3/4 cup evaporated skimmed milk, undiluted  
1 large egg  
1/2 tsp vanilla extract  
1/8 tsp salt  
8 slices cinnamon raisin bread  
2 Tbsp butter

**Instructions:**

Put evaporated milk, egg, vanilla and salt into a shallow bowl; beat with a fork until well-blended. Dip slices of bread into mixture one at a time, turning to coat both sides. Choose a nonstick skillet that measures 9 to 10 inches across the bottom. Heat over moderate heat, adding 1 Tbsp of the butter. When melted, add 4 slices of the dipped bread and cook 2 to 3 minutes on each side until browned. Remove to warm platter or plates and keep warm while you cook remaining bread. Suggestion: Garnish with a few strawberries and banana slices. Sift a little confectioner's sugar over the toast. Serve with honey or with apricot pourable fruit.

## ***Cottage Cheese Scramble***

**Ingredients:**

1/3 cup instant nonfat dry milk  
1/4 cup water  
3 eggs  
1/2 cup cottage cheese  
1/2 tsp salt  
- dash of pepper  
2 Tbsp butter  
1 Tbsp chopped chives

**Instructions:**

Blend together nonfat dry milk, water, eggs, cottage cheese, salt, pepper and chives. In medium-size skillet melt butter; when hot, add egg mixture and cook over low heat until set. Serve immediately.

## ***Dates 'N Stuff Apples***

**Ingredients:**

1/3 cup dates, chopped  
2 Tbsp low fat granola  
2 Tbsp walnuts, chopped  
2 Tbsp brown sugar  
5 Tbsp orange juice  
4 tsp margarine, melted  
1/4 cup water  
2 tsp lemon juice  
1 tsp grated orange peel  
1/8 tsp cinnamon  
4 large apples  
- maple syrup, optional

**Instructions:**

In a small bowl, combine dates, granola, walnuts, sugar, 1 Tbsp of orange juice, margarine, lemon juice, orange peel, and cinnamon; set aside. Core apples; set in 9 inch round baking dish. Fill cavities with date mixture, dividing equally. Combine remaining 1/4 cup orange juice with water, pour around apples in dish. Cover with foil; bake in 350 oven 30 minutes. Remove foil; continue baking about 15 minutes longer, or until apples are tender when pierced with a fork. Serve warm or cold; drizzled with maple syrup.

## ***Easy Breakfast Parfait***

**Ingredients:**

- 1 1/3 cups unsweetened applesauce
- 1 cup (about 6-ozs.) pitted prunes
- 1 1/2 cups natural wheat and barley cereal
- 1 pint plain nonfat yogurt
- 4 pitted prunes, for garnish

**Instructions:**

Combine applesauce and 1 cup of prunes. For each serving, in a 9 to 10 oz. stemmed goblet, layer 1/4 cup cereal, 1/4 cup yogurt, 1/2 cup applesauce-prune mixture and another 1/2 cup yogurt. Top with 2 Tbsps. cereal and garnish with a prune. Serve Immediately, or refrigerate up to 4 hours before serving.

## ***Easy Quiche Lorraine***

**Ingredients:**

1 pound sliced bacon, cut into 1-inch pieces  
1 frozen deep-dish pastry shell  
6 eggs, beaten  
1 cup milk  
1/8 teaspoon ground nutmeg  
Dash pepper  
1 cup (4 ounces) shredded Swiss cheese  
2 tablespoons chopped green onion  
2 tablespoons chopped ripe olives

**Instructions:**

Cook bacon until crisp in a large frying pan; drain on paper towel. Combine eggs, cream, milk, nutmeg and pepper; mix well. Stir in cheese, onions and olives. Pour cheese mixture into pastry shell. Bake at 350 degrees F. for 40-45 minutes or until a knife inserted halfway between center and outer edge comes out clean. Let stand 10 minutes before serving.

## ***Easy Quiche Lorraine***

**Ingredients:**

1 pound sliced bacon, cut into 1-inch pieces  
1 frozen deep-dish pastry shell  
6 eggs, beaten  
1 cup milk  
1/8 teaspoon ground nutmeg  
Dash pepper  
1 cup (4 ounces) shredded Swiss cheese  
2 tablespoons chopped green onion  
2 tablespoons chopped ripe olives

**Instructions:**

Cook bacon until crisp in a large frying pan; drain on paper towel. Combine eggs, cream, milk, nutmeg and pepper; mix well. Stir in cheese, onions and olives. Pour cheese mixture into pastry shell. Bake at 350 degrees F. for 40-45 minutes or until a knife inserted halfway between center and outer edge comes out clean. Let stand 10 minutes before serving.

## ***Feather-Light Pancakes***

**Ingredients:**

1/3 cup water  
1/3 cup instant nonfat dry milk  
4 eggs, separated  
1 cup sieved cottage cheese  
1/2 tsp salt  
1/3 cup sifted all-purpose flour  
2 Tbsp butter or margarine  
1/2 cup honey  
1/4 cup frozen orange juice concentrate

**Instructions:**

Place water in bowl. Add nonfat dry milk and beat until mixture stands in soft peaks. Add remaining ingredients except egg whites. Beat egg whites until soft peaks form. Fold into first mixture. Pour batter, 2 Tbsp at a time, onto hot, greased griddle. Bake until golden brown. Turn and bake on other side. Serve immediately with sugar, syrup or honey-orange sauce. Honey-Orange Sauce: Melt butter in small saucepan. Add honey and orange juice concentrate. Heat until warm.

## **Fine Herbs Omelette**

### Ingredients:

2 cups egg substitute  
1 herb bouquet tarragon, Italian parsley and chives  
- fresh ground pepper  
1 cup raw broccoli, chopped  
1 cup raw mushrooms, chopped

### Instructions:

Chop all the herbs separately and reserve four sprigs of tarragon or parsley for garnish. Use a non-stick skillet and heat over a high heat. Spray the pan and add 1/2 cup of the beaten egg mixture. Return to the heat and add 1/4 of the chopped herbs and pepper. Stir constantly until the mixture starts to thicken. Stop the stirring and allow the omelette to set. When the bottom is a golden brown fold in half and place on a plate. Top with garnish and serve.



## ***French Toast***

Ingredients:

4 eggs  
1/2 cup instant nonfat dry milk  
1 cup water  
1/2 tsp salt  
1 Tbsp granulated sugar  
6 slices bread (medium thickness\*)  
2 Tbsp butter  
- Confectioner's sugar

Instructions:

In a small bowl beat eggs, nonfat dry milk, water, salt and sugar until smooth and blended. Lay slices of bread in a flat baking dish. Pour mixture over bread, turn to coat evenly; cover; refrigerate overnight. Next morning melt butter in skillet. Saute until golden brown; turn on other side. Add more butter if needed. Serve with syrup. \*Raisin bread makes an interesting variation.

## ***Fresh Orange Compote with Granola***

**Ingredients:**

2 naval oranges, peeled, separated into segments, halved  
1 apple or pear, diced  
1/2 cup seedless red or green grapes, halved  
1 banana, peeled, thinly sliced  
2 Tbsp fresh squeezed orange juice  
1/2 cup fat-free or low-fat granola cereal

**Instructions:**

In a medium bowl toss together orange half segments, apple, grapes, banana, and orange juice. Sprinkle granola over mixture; toss lightly. Serve immediately as dessert, for breakfast topped with low-fat yogurt, or drained over lettuce as a salad.

## ***Golden Apple Oatmeal***

**Ingredients:**

1/2 cup (about 1/2 medium) diced Golden Delicious apple  
1/3 cup each apple juice and water  
1/8 tsp salt (optional)  
- dash each ground cinnamon and nutmeg  
1/3 cup quick-cooking rolled oats, uncooked

**Instructions:**

Combine apples, juice, water, and seasonings; bring to boil. Stir in rolled oats; cook for 1 minute. Cover and let stand several minutes before serving. Makes a 1 cup serving.

## ***Grapefruit Crunch***

**Ingredients:**

8 red grapefruit sections  
2 Tbsp pina colada flavored low-fat yogurt  
1 Tbsp granola (with almonds)

**Instructions:**

Arrange grapefruit sections in a shallow bowl or an individual salad plate. Top with yogurt. Sprinkle with granola.

## ***Honey Kirsch Grapefruit***

**Ingredients:**

6 red grapefruit  
1/3 cup honey  
1/4 cup kirsch  
- mint leaves

**Instructions:**

Section grapefruit. Combine honey and kirsch; pour over grapefruit, stirring gently to combine. Cover and refrigerate 30 minutes to several hours. Spoon into individual glasses or dessert dishes; garnish with mint.

## ***Microwave Breakfast Cobbler***

**Ingredients:**

- 1 can (16-ozs.) drained sliced peaches
- 1 can (16-ozs.) drained pear halves (can substitute 2-16 oz. cans fruit cocktail for peaches and pears)
- 1 cup (6-ozs.) pitted prunes, halved
- 1 tsp grated orange peel
- 1/3 cup orange juice
- 1 1/2 cups lowfat granola cereal

**Instructions:**

In 6-cup shallow microwave bowl toss peaches, pears, prunes, orange peel, and orange juice. Top with granola. Microwave on HIGH 5 minutes. Let stand 2 minutes. Spoon into bowls. Serve with plain yogurt if desired.

## ***Puffy Omelet with Canadian Bacon Filling***

**Ingredients:**

4 egg whites  
4 egg yolks  
3 ounces sliced Canadian-style bacon, cut into thin strips  
1/4 cup shredded Cheddar cheese (1 ounce)  
1/2 teaspoon chopped fresh basil OR 1/4 teaspoon dried basil  
1/4 teaspoon white pepper  
5 teaspoons butter or margarine  
1/2 cup fresh mushrooms  
1/4 cup chopped green pepper  
1 large tomato, peeled, seeded and chopped

**Instructions:**

Preheat oven to 350 degrees F. Beat egg whites until stiff peaks form. Beat egg yolks until thick and lemon-colored; stir in Canadian-style bacon, cheese, half of the basil, and pepper. Fold yolk mixture into egg whites. In a 10-inch skillet with oven-proof handle, heat 2 teaspoons of the butter over medium heat till a drop of water sizzles. Spoon egg mixture into skillet, gently smoothing surface. Reduce heat to low; cook for 7 to 8 minutes or until the bottom is golden. Bake in oven for 10-12 minutes or until knife inserted halfway between center and outer edge comes out clean. Meanwhile, in skillet cook mushrooms and green pepper in the remaining hot butter over medium heat 3 minutes or until tender. Add the remaining basil and tomato; cook 5 minutes or till liquid is reduced, stirring occasionally. Loosen sides of omelet with spatula. Make a shallow cut across omelet, cutting slightly off-center. Spoon filling over larger half. Tip skillet and fold the smaller portion of omelet over larger half. Slip omelet onto a warm serving platter. Serve immediately.

## Quick-Mix Sausage

### Ingredients:

1 pound lean ground pork  
- Desired seasonings\*

### Instructions:

Thoroughly mix seasonings into ground pork. Shape into patties and brown OR crumble and fry for use in a recipe. \*Country-style Sausage: 3/4 teaspoon ground sage, 1/4 teaspoon ground black pepper, 1/2 teaspoon salt. \*Breakfast Sausage: 1 teaspoon ground sage, 1/2 teaspoon dried savory, 1/4 teaspoon ground black pepper, 1/4 teaspoon nutmeg, 1/2 teaspoon salt. \*Spiced Breakfast Sausage: To Breakfast Sausage, add 1/4 teaspoon EACH ground cloves and ground mace. \*Italian Sausage: 1 clove minced garlic, 1 teaspoon paprika, 1 teaspoon crushed thyme, 1/2 teaspoon fennel seeds, 1/8 teaspoon cayenne, 1/2 teaspoon salt. \*Mexican Chorizo: 1 tablespoon ground red chiles, 1/2 teaspoon ground coriander, 1/4 teaspoon ground cloves, 1/4 teaspoon ground black pepper, 1/4 teaspoon oregano, 1/4 teaspoon ground cumin, 2 minced garlic cloves, 1 teaspoon salt.



## ***Red and Yellow Pepper Omelets***

**Ingredients:**

1 tsp olive oil  
4 egg whites  
1/2 tsp dried basil  
2 tsp grated Parmesan cheese, divided  
1 sweet red pepper, thinly sliced  
1 yellow pepper, thinly sliced  
1/4 tsp black pepper

**Instructions:**

In a large non-stick frying pan over medium heat, warm oil; add the red peppers and yellow peppers; cook stirring frequently for 4 to 5 minutes. Keep warm over low heat. In a small bowl, lightly whisk together the egg whites, basil, and black pepper. Coat a small non-stick frying pan with non-stick spray. Warm over medium-high heat for 1 minute. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs are set. Carefully loosen and flip; cook for 1 minute, or until firm. Sprinkle half of the peppers over the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 tsp of the Parmesan. Repeat with the remaining egg mixture, peppers, and 1 tsp Parmesan.

## ***Red Flannel Hash***

**Ingredients:**

3 cups julienne-cut cooked pork loin  
6 slices bacon, cut into 1/2-inch pieces  
1/2 cup sliced green onions  
1/2 cup chopped green pepper  
3 cups cooked, chopped red potatoes  
2 teaspoons Worcestershire sauce  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 cup drained, chopped pickled beets

**Instructions:**

Cook bacon until crisp in large skillet. Add onions and green peppers. Cook over medium-high heat 1 minute. Stir in potatoes, Worcestershire, salt and pepper. Cook 5 minutes, stirring occasionally. Stir in pork and beets. Cook until heated through.

## ***Red Pepper Frittata***

### Ingredients:

2 tsp olive oil, divided  
1/2 cup chopped celery  
2 garlic cloves, minced  
1/2 tsp dried oregano  
1 Tbsp grated Parmesan Cheese  
1 Tbsp chopped fresh flat-leaf parsley  
1/2 cup chopped sweet red peppers  
1/2 cup chopped onions  
8 egg whites  
1/8 tsp ground black pepper

### Instructions:

In a large ovenproof frying pan over medium heat, warm 1 tsp oil. Add the red peppers, celery, onions, and garlic; cook, stirring frequently for 4 to 5 minutes, or until tender. Remove from heat and set aside. In a large bowl lightly whisk together the egg whites, parsley, oregano, and black pepper. Stir in the vegetable mixture. In the same frying pan over medium heat warm the remaining 1 tsp oil. Add the egg mixture and cook until brown around the edges. Cover the pan and reduce heat to low. Cook for 3 to 4 minutes, or until the eggs are set. Meanwhile, reduce heat to low. Cook for 3 to 4 minutes, or until the eggs are set. Meanwhile, preheat the broiler. Sprinkle the frittata with the Parmesan. Place the pan about 5" from the heat and broil for 1 to 2 minutes, or until golden brown. Serve cut into wedges.

## **Scotch Eggs**

### Ingredients:

1 pound bulk pork sausage  
1 tablespoon fresh parsley, chopped  
1 tablespoon grated onion  
1/4 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
4 hard-cooked eggs, shelled  
1/2 cup fine, dry breadcrumbs

### Instructions:

Combine sausage, parsley, onion, cinnamon and nutmeg; mix well. Divide sausage mixture into 4 portions; shape into patties. Place one egg atop each patty, shaping the sausage mixture around egg till completely covered. Roll each sausage-covered egg in breadcrumbs. Bake in a preheated 350 degree F. oven for 15-20 minutes until golden brown.

## ***Spanish Omelet***

**Ingredients:**

2 baked potatoes, diced  
2 cups fat-free egg substitute  
1 large tomato, seeded and diced  
2 Tbsp minced fresh parsley  
2 cloves garlic, minced  
1 tsp olive oil  
1 large onion, minced  
2 tsp margarine

**Instructions:**

In a large non-stick frying pan over medium heat, cook the potatoes, onions, tomatoes, parsley, and garlic in the oil until most of the liquid has evaporated from the tomatoes. Transfer to a large bowl and stir in eggs. Wipe out the frying pan then place it over medium-high heat and let stand for about 2 minutes. Add 1 tsp margarine and swirl the pan to distribute. Add half of the egg mixture; lift and rotate pan so that the eggs are evenly distributed. As the eggs set around the edges, lift them to allow uncooked portions to flow underneath. Turn the heat to low, cover the pan and cook until the top is set. Invert onto a serving plate. Cut into wedges. Repeat with remaining 1 tsp margarine and egg mixture.

## ***Spinach and Pimento Omelet***

**Ingredients:**

1 box (10-ozs) frozen spinach, thawed & dry  
1 cup chopped pimentos  
1 tsp dried thyme  
1/4 cup chopped scallions  
1 tsp olive oil  
2 Tbsp shredded part-skim mozzarella cheese  
2 cups fat-free egg substitute  
2 Tbsp margarine  
1/2 cup diced tomatoes

**Instructions:**

Chop spinach; place in medium bowl and add the pimentos and thyme. In a large non-stick frying pan over medium heat, saute the scallions in the oil until soft, about 5 minutes. Add the spinach mixture and warm through. Return to the bowl, add the mozzarella, and set aside. In another medium bowl, whisk together the eggs and water. Place the frying pan over medium-high heat and let stand for about 2 minutes. Add 1 tsp margarine and swirl the pan to distribute it. Add half of the eggs. Lift and rotate the pan so that the eggs are evenly distributed. As the eggs set around the edges, lift them to allow uncooked portions to flow underneath. When the eggs are mostly set but not dry (in 2 to 3 minutes), spread half of the spinach mixture over the eggs. Use a spatula to fold the omelet in half. Cut in half and transfer to individual dishes. Repeat with remaining 1 tsp margarine, eggs, and spinach mixture. Sprinkle each serving with about 2 Tbsp

## ***Stacked Sausage Torte***

**Ingredients:**

1 cup fully-cooked ham, cubed  
1 cup salami, cubed  
1 8-ounce package brown-and-serve sausage links  
1 pound fresh spinach OR 1 10-ounce package frozen spinach  
5 eggs  
1 teaspoon water  
2 tablespoons butter  
1 red bell pepper, cut into strips  
1 8-ounce package Mozzarella or Swiss cheese  
1 17-ounce package frozen puff pastry, defrosted

**Instructions:**

Steam or cook spinach, drain in strainer, pressing to remove excess moisture. Beat 4 eggs and 1 egg white together. Beat remaining egg yolk with water; set aside. Heat 1 tablespoon butter in an 8-inch omelet pan. When hot, pour in half the beaten eggs and cook until set, turning if needed to cook top. Remove from pan but do not fold. Repeat with remaining butter and eggs. Open pastry sheets carefully, pinching to close any holes. Roll one sheet into a 12-inch square. Carefully lift and fit into an 8-inch springform pan. Trim second pastry into an 8-inch circle. Make pastry cutouts from scraps. To assemble: place one omelet on pastry in bottom of springform pan. Spoon drained spinach over this. Layer half the Mozzarella cheese over spinach. Top with ham and red peppers. Add second omelet and arrange sausage links over this. Sprinkle over salami. Top with remaining cheese. Adjust circle over all, cut pastry as needed and pinch edge. Brush pastry with beaten egg yolk and water. Arrange pastry cut-outs atop. Bake in a 375 degree F. oven for 70-75 minutes. Cool for 10 minutes before cutting. May be served warm or cold.

## ***Strawberry Breakfast Salsa***

**Ingredients:**

1/3 cup apricot jam  
3 Tbsp water  
1 tsp cinnamon  
2 pint basket strawberries, stemmed and diced into 1/4 inch squares

**Instructions:**

In a medium bowl, whisk jam, water, and cinnamon; add strawberries. toss gently to combine. Serve salsa over pancakes, waffles, french toast, hot cereal, or mix into plain yogurt.



## ***Strawberry Compote Crepes***

**Ingredients:**

- 1 cup sliced strawberries
- 2 kiwi fruit, peeled and sliced
- 1 navel orange, halved, peeled and sectioned
- 1 cherimoya, peeled, seeded, and chunked or 1 cup pineapple chunks
- 1/2 cup red or green seedless grapes, halved
- 3 Tbsp Grand Marnier or Triple Sec (orange) liqueur
- 4 crepes at room temperature
- 4 Tbsp light frozen nondairy whipped topping, thawed
- fresh starfruit slices or mint for garnish

**Instructions:**

In bowl, toss together fruit; spoon Grand Marnier over. Chill for up to several hours. To serve, divide fruit among 4 crepes; fold crepes over fruit. Top each crepe with 1 Tbsp whipped topping.

## ***Strawberry Yogurt Breakfast Split***

**Ingredients:**

24 bananas  
6 lbs. fresh whole strawberries (6 quarts)  
6 lbs. vanilla yogurt (3 quarts)  
7 ozs. toasted chopped almonds (1 1/2 cups)

**Instructions:**

For individual servings; peel and split 1 banana. Place banana halves in serving bowl. Top with 4 ozs. (1 cup) fresh strawberries, 4 ozs. (1/2 cup) yogurt, and 1 Tbsp chopped, toasted almonds.

## ***Sunday Scrambled Eggs***

**Ingredients:**

6 large eggs  
1/4 cup evaporated milk, undiluted  
1/4 tsp salt  
1/8 tsp pepper  
1 Tbsp butter

**Instructions:**

In a small bowl, beat eggs, evaporated milk, salt and pepper with a fork until well broken up. Choose a nonstick skillet that measures 7 to 8 inches across the bottom. Add butter and heat over moderated heat. When the butter is melted, pour in egg mixture. Cook 3 to 5 minutes, drawing a plastic spatula slowly across the bottom of the skillet, letting the uncooked egg flow under the cooked part, until eggs are set almost as much as you like them. Remove pan from heat. Suggestion: Serve with sliced tomatoes or grilled tomato halves and grits or home-fries.

## ***Swiss Muesli***

**Ingredients:**

- 1 1/2 cups rolled oats
- 1 1/2 cups water
- 2 cups shredded unpeeled apples
- 1 1/2 cups (about 9 ozs.) pitted prunes, whole or halved
- 2 Tbsp honey
- 2 Tbsp lemon juice
- 1/2 tsp cinnamon
- fresh fruits (sliced banana, apple, pineapple, orange segments)
- chopped almonds or pecans

**Instructions:**

Combine oats, water, shredded apples, prunes, honey, lemon juice, and cinnamon. Cover and refrigerate overnight. In the morning, spoon some of the muesli into a cereal bowl. Top with your choice of fresh fruits and nuts. Serve with a dollop of plain yogurt or milk, if desired. Muesli can be stored in covered container in refrigerator for several days.

## ***Warm Double Strawberry Sauce***

**Ingredients:**

1/2 cup Sugar  
1/4 cup Water  
3 Tbsp. Strawberry jam  
2 Tbsp Lemon juice  
1 Tbsp. Cornstarch  
1 pint Strawberries, stemmed and halved

**Instructions:**

In medium saucepan combine sugar, water, and jam; stir over medium heat until sugar is dissolved and mixture comes just to boil. Meanwhile, mix juice with cornstarch; stir into sugar mixture. Cook until slightly thickened. Mix in strawberries; heat through but do not cook. Serve over waffles, pancakes or french toast.

## ***Breakfast Sausage Casserole***

8 slices bread, cubed  
2 cups grated American cheese  
2 lbs bulk sausage, browned and drained  
4 eggs, beaten  
2 1/2 cups milk  
3/4 teaspoon dry mustard  
1 (10 1/2 ounce) can condensed cream of mushroom soup  
1/2 cup milk

Place bread cubes in greased 9x13-inch pan.

Sprinkle with cheese.

Add browned sausage.

Blend eggs, milk, and mustard and pour over ingredients in pan.

Refrigerate overnight (or for 5 hours).

IN THE MORNING blend soup and 1/2 cup milk and pour (or spread) over top of casserole.

Bake 1 1/2 hours at 300°F.

## ***Gingerbread Pancakes***

1 1/2 cups flour  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
1/2 teaspoon ginger  
1 teaspoon cinnamon  
1 egg  
1 1/4 cups milk  
1/4 cup molasses  
3 tablespoons vegetable oil

In a small bowl, stir together flour, baking powder, soda, salt, ginger and cinnamon. Set aside.  
In large bowl, beat together egg and milk.  
Stir in molasses, then oil.  
Add flour mixture and stir just until combined.  
Pour a quarter cup of batter per pancake onto griddle.  
Cook on first side until puffed, full of bubbles and dry looking around edges.  
Turn and cook until second side is browned.

## ***Easy Apple Strudels***

2 sheets frozen puff pastry, thawed  
1 (21 ounce) can apple pie filling  
powdered sugar

Preheat oven to 400°.

Roll each sheet on lightly floured surface, into 10x9 rectangle.

Cut each sheet into 6 pieces.

Spoon about 2 tablespoons pie filling onto half of each pastry piece.

Brush edges of pastry with water.

Fold pastry in half over filling.

Press with fork to seal.

Place on ungreased cookie sheet.

Bake for 18-22 minutes or until golden brown.

Remove from sheet and cool slightly.

Dust with powdered sugar.



## ***Breakfast Souffle***

Great for breakfast buffets!

1/2 lb grated cheddar cheese

1/2 lb grated swiss cheese

2 lbs cooked crisp bacon, crumbled

1/4 cup onions, chopped

1 dozen eggs

2 cups milk

4 slices bread

salt & pepper

Preheat oven to 350 degrees.

Mix eggs and milk.

Put slices of bread on the bottom of greased 9 X 13 pan.

Put cheese over bread.

Put bacon on next and then onion.

Pour egg mix over and refrigerate overnight.

Bake 45 minutes - 1 hour.

You can serve this with bagels, fresh fruit, etc.

## **Apricot-Walnut Cereal Bars**

- 3 cups old fashioned oats
- 1/2 cup chopped walnuts (about 2 ounces)
- 3 cups Puffed Kashi (unsweetened puffed-grain cereal)
- 2 cups chopped dried apricots
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 12 ounces silken tofu, drained (about 1 1/3 cups)
- 1 large egg
- 1/2 cup canola oil
- 1 cup honey
- 1 tablespoon vanilla extract
- 2 tablespoons freshly grated lemon zest

Preheat oven to 350°F Coat a large (15 1/4-by-10 1/4-inch) jellyroll-style pan with cooking spray. Spread oats and walnuts on a baking sheet with sides. Bake until fragrant and light golden, 8 to 10 minutes. Transfer to a large bowl and add puffed cereal, dried apricots, flour and salt; stir to combine.

Meanwhile, puree tofu, egg, oil, honey, vanilla and lemon zest in a food processor or blender until smooth, scraping down the sides as needed. Make a well in the center of the oat mixture; fold in the tofu mixture until combined. Spread evenly in the prepared pan.

Bake until firm in the center and golden brown, 35 to 40 minutes. Let cool completely in the pan on a wire rack before cutting into bars with a sharp knife.

## **Potato and Corn Fritters**

- 2 tablespoons oil
- 1 small onion, thinly sliced
- 1 garlic clove, crushed
- 12 ounces potatoes
- 7 ounces canned corn, drained
- 1/2 teaspoon dried oregano
- 1 egg, beaten
- 1/2 cup grated edam cheese or gouda cheese (a generous 1/2 cup)
- 2-4 eggs
- 2-4 tomatoes, sliced
- salt and pepper
- 1 sprig fresh parsley, to garnish

Heat 1 tablespoon of the oil in a nonstick skillet.

Add the onion and garlic and cook very gently, stirring frequently, until soft but only lightly colored- Remove from heat.

Coarsely grate the potatoes into a bowl and mix in the corn, oregano, beaten egg, and salt and pepper to taste- Add the cooked onion.

Heat the remaining oil in the skillet.

Divide the potato mixture in half and add to the pan to make 2 oval-shaped cakes, leveling and shaping the cakes with a spatula.

Cook the fritters over low heat for about 10 minutes, until golden brown underneath and almost cooked through, keeping them tidily in shape with the spatula and loosening them so that they do not stick to the bottom of the pan.

Sprinkle each potato fritter with the grated cheese and place under a preheated moderately-hot broiler, until golden brown.

Meanwhile, poach 1 or 2 eggs for each person, until just cooked.

Transfer the fritters to warmed plates and top with the eggs and sliced tomatoes.

Garnish with parsley and serve at once.

## **Banana-Pecan Pancakes**

1 1/2 cups all-purpose flour  
2 tablespoons sugar  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 1/4-1 1/2 cups milk  
2 eggs  
1 teaspoon vanilla  
1 tablespoon cinnamon  
2 tablespoons vegetable oil  
1-2 overripe banana  
1 cup pecans

In a bowl, mix together all the dry ingredients.

Make a well in the center and pour in the milk.

Start with 1 1/4 cups milk, adding up to another 1/4 cup if necessary, as you mix it with the flour.

Add the two eggs, vanilla if using and oil, whisking until mixed but still a bit lumpy.

Peel bananas, placing in a separate bowl. (You may want to reserve half a banana for the syrup, see below). Mash with fork, then stir into pancake mix.

Add chopped pecans.

Heat a frying pan (if it is not non-stick, you will need to melt a bit of butter or oil in it) and when hot, pour desired amount of pancake mix.

When the pancake starts to bubble on top and is golden brown on the cooked side, turn it and continue cooking until both sides are golden brown.

Repeat the cooking process with the remaining batter. You may need to adjust the heat as pan tends to get hotter as you keep making pancakes.

Keep the cooked pancakes covered with a tea towel, to keep them warm while you finish cooking the rest.

To add even more flavor, I use store bought bottled syrup, place 1 cup in small saucepan, add 1/2 reserved banana, in slices, and heat until just warm. The banana adds SO much flavor! I dip the syrup over the pancakes without the banana chunks, but you can do either way.

## ***Baked French Toast***

- 1 loaf French bread
- 1 cup brown sugar
- 2-3 tablespoons corn syrup
- 1/2 cup butter (no subs)
- 1/2 teaspoon maple extract
- 5 large eggs
- 1 1/2 cups half-and-half cream or milk
- 2 teaspoons cinnamon

Slice the bread into 1-inch slices.

Butter a 13 x 9-inch baking dish.

In a small saucepan, combine sugar, corn syrup and butter; melt over medium-low heat. Increase heat and bring to a boil for 1 minute.

Stir in maple extract.

Using tongs, dip the bread into hot syrup, and arrange in the bottom of the baking dish.

In a bowl, beat eggs, half and half (or milk if using) and cinnamon.

Pour over bread in the pan.

Cover and refrigerate overnight or at least 4 hours.

When ready to bake, set oven to 350 degrees.

Bake for 35-45 minutes, or until cooked through, and a crust has formed on top.

Delicious!

## ***Basic Pancakes***

.  
415 ml self raising flour  
30 ml white sugar  
2 eggs  
400 ml milk  
45 ml oil

Get all the ingredients, plus a pan, a tablespoon, a measuring jug, 2 bowls, and a spatula. Sieve the flour and sugar (use 400ml flour with 15ml of baking powder if you don't have self raising) in one bowl. Brown or white sugar is okay.

Split the eggs into another bowl and whisk them then add the milk and oil.

Pour the flour and sugar into the other bowl and whisk.

Turn the pan to 4/6 and then after it has warmed up, add 2 tablespoons of the mixture.

After some bubbles start to appear and the bottom is golden, flip using a spatula and when that side is golden, put it on a plate, and repeat about 14 times.

## ***Breakfast Turkey Sausage Patties***

- 1 large fuji apple
- 2 garlic cloves, minced
- 1 1/4 lbs lean ground turkey
- 1/2 cup chopped fresh parsley
- 1/4 cup finely chopped fresh sage
- 1 3/4 teaspoons salt
- 1/2 teaspoon dry crushed red pepper
- 1/2 teaspoon black pepper
- 1 large egg, beaten
- 2 teaspoons olive oil (for cooking)

Peel and core apple; coarsely shred apple with a hand grater. Place in a wire mesh strainer; drain well, pressing gently with paper towels.

Combine all ingredients except oil; stir until blended. Shape mixture into 16 patties (about 2 tablespoons each). Place patties on a wax paper-lined baking sheet. Cover and chill 8 hours or overnight.

Heat oil in a large nonstick skillet over medium heat. Cook patties, in batches, about 6 minutes on each side or until browned and done.

## ***Sausage Pie***

- .  
2 frozen pie crusts
- 1 lb sausage, ground, browned
- 4 eggs
- 1/2 lb cheddar cheese, shredded

Placed cooked sausage into one pie shell.

Cover with cheese.

Top with egg. I prefer whipped but you can place unbeaten eggs into deliberate holes within the pie.

Salt and pepper to taste.

Cover with second pie crust.

Place slits into top shell.

Bake at 350 degrees for 30 minutes or until browned well.



## ***Breakfast Banana Split***

- 1 banana, split lengthwise
- 1/2 cup yogurt, any flavor you like
- 1/4 cup granola cereal or cereal
- 1/4 cup blueberries or other berries
- chocolate (optional) or fruit syrup (optional)
- whipped cream (optional)
- 1 maraschino cherry

Place banana in a bowl and top with yogurt.  
Sprinkle granola or cereal over the yogurt and top with berries.  
Add a little chocolate or fruit topping syrup if desired.  
Garnish with some whipped cream and a cherry.

## ***Just Add Water Buckwheat Pancake Mix***

.  
4 cups whole-wheat flour  
1 cup buckwheat flour  
1/3 cup soy flour (do not omit or substitute)  
3/4 cup dry buttermilk or 1 cup powdered milk  
1 tablespoon salt  
1 1/2 tablespoons baking powder  
1/2 cup sugar  
3/4 cup vegetable shortening  
TO PREPARE  
1 cup pancake mix  
1/2 cup water

You need a large bowl or dish pan to mix this inches

Measure the whole wheat flour, buckwheat flour, soy flour, dry buttermilk, salt, baking powder and sugar into the large bowl.

Using a whisk or your hands, combine everything so it's evenly distributed.

Measure in the shortening.

Use your hands to mash it into the dry ingredients, until the mixture is the same consistency as coarse cornmeal.

Transfer the mixture to a resealable container. Store on the pantry shelf for about a month, or in the refrigerator or freezer for 6 months.

Makes about 7-1/2 cups.

TO PREPARE: Stir the water and mix together in a small bowl.

If the batter seems too thick for pancakes, then add a bit more water and stir again.

Drop by 1/4 cupfuls onto a hot, well oiled skillet or griddle.

Fry until the bottom of the pancake is brown and the top is dry and covered with small bubbles.

Flip the pancake and brown it on the second side.

Serve hot with syrup, or Applesauce.

Makes 4 pancakes.

This recipe can be doubled or tripled as necessary.

Good for camping, and mornings when you are rushed.

The soy flour replaces eggs in this recipe, so don't omit it or replace it with something else.

### ***A Breakfast Yogurt Parfait (Granola)***

A quick, easy breakfast that taste good and is healthy too!

8 ounces vanilla yogurt, divided (or other flavors)

1 cup granola cereal, divided (I prefer homemade)

mixed fruit (optional)

Place 1/3 cup of granola in a parfait glass. Top with half of the yogurt.

Repeat layers.

Top with remaining granola.

Note, mix any of your favorite fruits into the yogurt before assembling or layer fruit in between yogurt and granola layers if so desired.

## **Breakfast: Sausage Burritos With Chile's**

- 1 lb bob evans savory country sausage
- 4 ounces mild chiles or jalapenos
- 7 eggs (lightly beaten)
- salt
- pepper
- 2 cups shredded sharp cheddar cheese
- 1 (10 count) package 10-inch flour tortillas
- 1 pint of mexican salsa

- .1. in a large skillet, piece off and brown sausage., after cooked, do not drain, pull sausage to the sides of pan so that their is an opening circle in the middle, add tsp of butter if you'd like, and put the beaten eggs into the circle and gently fold the sausage into the eggs as the eggs cook. Add chilles or jalpenos, cheddar cheese to your liking and salt and pepper to taste.
  2. Take a flour tortilla and with your (clean) hand, rinse a little water onto one side and place it in microwave oven for 18 sec. and take out . Put onto plate, spoon mixture on to the shell and spoon on salsa . ( when placing the mixture on the tortilla, spoon onto one side of shell instead of middle.)
  3. Roll tortilla shell away from you once to cover the mixture then fold in the sides and contiure rolling until you have your rolled burrito.
  4. You can eat it right away or seal a meal each, or bag with ziploc bag and freeze. That way you can enjoy them for breakfast at your convienence. ENJOY! Be creative and add whatever else you'd like -- this is just the beginning -- such as: fresh chopped tomatoes, basil -- peppers, onions.
- it goes on and on -- ENJOY, PS: The kids LOVE IT!, also you can use the same technique and instead of rolling the burrito, grease a flat oven pan, lightly grease it and put the tortilla flat, add ingredients, topped with cheese and whatever and put into 425\* oven and till browned ontop and you got MEXICAN BREAKFAST PIZZA. KIDS LOVE IT! you will too.

## ***Banana Sour Cream Pancakes***

- 1 1/2 cups all-purpose flour
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1 1/2 teaspoons salt
- 3/4 cup milk
- 1/2 cup sour cream
- 2 extra large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest, grated
- 4 tablespoons butter
- 1 cup bananas, sliced

In a medium bowl, sift together flour, sugar, baking powder, and salt.

In a second bowl whisk together milk, sour cream, eggs, vanilla extract, and lemon zest.

Add the wet ingredients to the dry ones, mixing only until combined.

In a large skillet melt 1 tbsp of butter over medium-low heat until it bubbles.

Ladle 1/4 cup of batter into the pan (2 or 3 pancakes depending on size you like).

Distribute 1/4 cup of sliced on pancakes.

Cook 2-3 minutes, until bubbles appear on top, and the underside is nicely browned.

Flip the pancakes and cook for another minute, until browned.

Wipe out the pan with a paper towel, add another tbsp and another 1/4 cup of batter, and continue process until batter is gone.

Good garnished with bananas, butter, and maple syrup.

### ***Grandma's Pancakes***

- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/3 cup powdered milk
- 2 eggs
- 1 cup water

Beat 2 eggs together.

Add water to eggs.

Combine dry ingredients in separate bowl.

Add dry ingredients to water and eggs.

Mix together until dampened.

Drop 1/4 cup onto greased hot griddle or pan.

Flip over when edges are brown and bubbles form on top.

## ***Quick 'n' Crunchy Granola***

3 1/2 cups Quaker Oats (uncooked)  
1/3 cup margarine  
1/3 cup honey  
1/4 cup firmly packed brown sugar  
1 teaspoon vanilla

Melt butter in microwave.

Heat honey in microwave for 45 seconds. Combine all ingredients in a large bowl.

Pour into a 15 x 10 baking pan and spread evenly.

Bake at 350 for 20 minutes, stirring after the first 10 minutes.

Cool completely.

Store in an air tight container for up to one week.

## ***Crockpot Steel Cut Oats***

- 1 cup steel cut oats
- 1 apple, coarsely chopped
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1 teaspoon nutmeg
- 4 1/2 cups skim milk

In a slow cooker, combine all ingredients and set to low heat. Cover and cook for 8-9 hours.



## ***Sugarhouse Apple Rings***

3/4 cup all-purpose flour  
1 egg, beaten  
1/4 cup maple syrup  
1/4 cup buttermilk  
3 large apples, peeled, cored and cut into 1/4-inch rings  
oil (for deep frying)  
confectioners' sugar

In a shallow bowl, combine the flour eggs, syrup and buttermilk. Dip apple rings on both sides into the batter, then deep fry. Sprinkle with confectioner's sugar and ENJOY!

## ***Apple Cinnamon French Toast***

- 5 tablespoons butter
- 3 large baking apples, peeled, cored, and sliced
- 1 cup firmly packed dark brown sugar
- 2 tablespoons dark corn syrup
- 1 teaspoon ground cinnamon
- 3 large eggs
- 1 cup milk
- 1 teaspoon vanilla extract
- French bread, cut into 1-inch thick slices

The day before serving - prepare apples and French toast: In large heavy skillet, melt butter over medium heat. Add apple slices and cook; stirring occasionally, until tender.

Add brown sugar, corn syrup, and cinnamon to apples. Cook, stirring, until brown sugar dissolves.

Spray 9 x 13 baking pan with non-stick spray and spread apple mixture into an even layer.

Arrange bread slices in one layer on top of apple mixture.

In medium-sized bowl with fork, beat eggs, milk, and vanilla extract until well mixed; pour over bread slices. Cover with plastic wrap and refrigerate overnight.

Next day - preheat oven to 375\*. Remove plastic wrap and bake for 30-35 minutes or until mixture is firm and bread is golden.

Cool in pan five minutes. Invert serving tray over French toast and carefully turn both over to unmold so that apple layer is on top.

## ***Honey Coconut Toast***

- 2 eggs, beaten
- 2 tablespoons buttermilk
- artificial sweetener, to equal 2 tsp sugar
- 1/2 teaspoon watkins vanilla extract
- 1/8 teaspoon ground cinnamon
- 2 slices raisin bread
- 2 teaspoons margarine
- 1 teaspoon honey, heated
- 2 teaspoons shredded coconut

In shallow bowl, combine eggs with buttermilk, sweetener, vanilla, and cinnamon.

Dip bread into egg mixture, turning on both sides.

Let stand until most of the liquid is absorbed.

Heat margarine in nonstick skillet and add bread, pour any remaining egg mixture over bread.

Cook, turning to brown both sides.

Transfer to nonstick baking sheet; spread each slice with 1/2 tsp honey and sprinkle each with 1 tsp coconut.

Broil 5 minutes.

Serve immediately.

## ***Strawberry Omelet - Omelette Aux Fraises***

1/2 cup strawberries  
1/2 teaspoon watkins vanilla extract  
2 medium eggs  
1 pinch salt

Hull the strawberries and cut them in half into small bowl.

Sprinkle them with half the vanilla.

Beat eggs until blended; add salt and remaining vanilla.

Pour into preheated 6-inch nonstick skillet.

As mixture sets, lift up the edges so uncooked portions flow to the bottom edges.

When eggs are set, place berries on one half of the omelet and with a spatula fold the other half over the fruit.

Roll out of pan onto a warmed plate.

Divide evenly and serve immediately.

## **Ham, Tomato, and Mozzarella Breakfast Treats**

- 1 English muffin, halved and toasted
- 4 ounces deli ham
- 2 slices fresh tomatoes
- shredded mozzarella cheese, to taste
- pepper, to taste

Layer each english muffin half with ham, tomato, a dash of pepper (if you like), and cover with cheese.

Place under the broiler for about 3-5 minutes until cheese is melted and starting to crisp.

## ***Cheesy Bacon Breakfast Bake***

5 eggs  
1/2 cup cheddar cheese, shredded  
3 slices bacon, cooked and cut up  
1/2 teaspoon salt  
1/2 teaspoon onion powder  
1 dash black pepper  
1/4 cup milk

Preheat oven to 325.

Combine eggs, milk, cheese, salt, pepper, and onion powder in a mixing bowl. Blend well.

Place cut up bacon in a shallow glass pie pan.

Pour egg mixture over the bacon.

Bake for 20 minutes, or until the egg mixture has puffed up and the center of the dish isn't runny.

Grate as little or as much cheese over the top of the dish right after you take it out of the oven.

Serve hot, and enjoy!

## ***No Sage Turkey Sausage***

- .  
1 lb lean ground turkey
- 2 teaspoons garlic powder
- 1 1/2 teaspoons fennel seeds, crushed
- 1 1/2 teaspoons sugar
- 1 teaspoon salt
- 1 teaspoon ground oregano
- 1/2 teaspoon pepper

Combine all very well & refrigerate overnite.  
makes about 4 patties, or enough crumbled for a good size pizza or casserole.

## Apple Pancake Bake

- 1/4 cup butter
- 2 tablespoons cups butter
- 3 large apples, peeled and sliced thinly
- 1/4 cup brown sugar (can use more)
- 1 teaspoon cinnamon (can use more)

### PANCAKE MIXTURE

- 6 eggs
- 1 1/2 cups half-and-half cream or milk
- 1 cup all-purpose flour
- 1/4 cup sugar (can use more for a sweeter batter)
- 1/2 teaspoon baking powder
- 1 1/2 teaspoons vanilla
- 1/4 teaspoon salt
- 1/2-3/4 teaspoon cinnamon

Set oven to 350 degrees.

Grease a 13 x 9-inch baking pan.

Melt the butter in the baking pan inside the oven.

Arrange the apple slices evenly over the bottom of the pan.

Bake for about 10 minutes, or until apples are soft.

Remove apples from oven, and sprinkle with brown sugar and cinnamon.

In a blender, combine all pancake ingredients, and pour over apples.

Return to oven, and bake about 30-40 minutes.

Sprinkle with icing sugar, and serve.

Delicious!



## **Bohemian Raised Doughnuts**

1 teaspoon yeast  
3 cups milk  
3/4 cup sugar  
2 eggs  
2 tablespoons melted lard  
1 tablespoon salt  
1 teaspoon nutmeg  
6 cups flour

blend yeast with 2 teaspoon sugar.

add lukewarm milk sugar and enough flour to make thin sponge.

mix well and let rise in warm spot 1 hour or until sponge is bubbly and light

then add eggs and lard salt and nutmeg and flour enough to make a thick dough with spoon.

let rise til doubled 1 1/2 hours.

put dough on floured board

cut into pieces smaller than egg.

flour each piece and roll around and around.

let rise til doubled.

just before dropping into fat make a hole in middle of each by bringing the thumb and middle finger towards each other through bun and stretching a little.

fry.

roll in sugar.

## California Quiche

- 1 cup mushrooms, fresh, chopped
- 1/2 cup celery, finely chopped
- 1/2 cup green onions, finely chopped
- 2 tablespoons butter
- 6 eggs
- 1 1/2 cups milk
- 1/4 cup all-purpose flour
- 1 teaspoon seasoning salt
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/8 teaspoon red hot pepper sauce
- 1 cup bacon, cooked crisp and chopped or ham, cooked
- 1 cup swiss cheese, shredded
- 1 cup cheddar cheese, shredded
- 2 tablespoons dry white wine

Saute mushrooms, celery, and onion in butter until limp. Set aside.

Beat eggs, add milk, flour, salt, paprika, garlic powder, and pepper sauce and beat well.

Stir in bacon, mushroom mixture, cheese and wine.

Cover and chill for about an hour.

To bake:.

Stir egg mixture well and turn into a buttered 9 inch quiche pan or deep pie plate.

Bake at 350 for 50-55 minutes or until the center is firm.

Remove from oven and let stand for 10 minutes before serving.

Garnish with bacon curls if desired.

## ***Elegant Scrambled Eggs***

1 1/2 tablespoons butter or margarine, divided  
4 ounces medium mushrooms, sliced  
1 shallot, chopped  
3/4 cup diced cooked chicken breasts  
1 avocado, peeled and diced  
1 teaspoon lemon juice  
8 large eggs  
1/2 cup half-and-half or milk  
1 tablespoon dry white wine  
1/4 teaspoon salt  
1/8 teaspoon pepper

Melt half the butter in a large nonstick skillet over medium-high heat.  
Add in mushrooms and shallot; stir/saute for 5 minutes or until tender.  
Stir in chicken, avocado, and lemon juice.  
Remove from skillet and set aside.  
In a bowl, whisk the eggs, half-and-half, wine, salt, and pepper.  
In same skillet over medium heat, melt remaining butter; swirl to coat the bottom of skillet.  
When the butter foams, add egg mixture all at once.  
Let set for 20 seconds.  
Cook, stirring, until light and fluffy and almost dry (3-4 minutes).  
Gently fold in chicken mixture; serve warm.

### ***Low Sugar & Low Sodium Syrup***

- 1 1/4 cups Splenda granular
- 5 teaspoons brown sugar
- 1 teaspoon maple extract
- 1 1/2 cups of partial boiled water

Place 1 1/2 water in a pan over stove and partially boil. Turn of when noticable bubbles start to form.

Add remaining ingredient and stir until dissolved.

## ***Mother Murphys Doughnuts***

1 cup sugar  
1 cup milk  
2 eggs  
1/2 teaspoon nutmeg  
2 tablespoons melted butter  
2 1/2 cups flour  
2 teaspoons baking powder

1 cup sugar, 1 cup milk, 2 eggs beaten fine as silk, a little nutmeg or lemon will do of baking powder teaspoons two, thicken with flour and roll dissolve the sugar in the milk add 2 tablespoons melted butter if wanted a little richer.

## Grab 'n' Go Breakfast Cookies

shortening  
1/2 cup butter, softened  
2/3 cup packed brown sugar  
2 eggs  
1/2 teaspoon vanilla  
1 cup whole-wheat flour  
1/2 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
1 cup rolled oats  
1 cup mixed dried fruit, dried cranberries or cherries or raisins or snipped dried apricots  
1/2 cup banana chips, broken up  
1/2 cup chopped walnuts or peanuts or pecans or almonds

Turn on the oven to 350 degrees. Grease a cookie sheet with shortening. Save until Step 4. Cut up butter with the table knife.

Put butter in a large mixing bowl. Beat with electric mixer on medium speed about 30 seconds or until butter is creamy. Stop mixer. Add brown sugar. Beat on medium speed until combined, stopping the mixer occasionally and scraping the bowl with a rubber scraper. Stop mixer.

Add eggs and vanilla. Beat on medium speed until combined. Put the whole wheat flour, baking powder, baking soda, and salt in a small bowl. Stir with the wooden spoon. Stir flour mixture into egg mixture. Stir in oats, mixed fruit bits, banana chips, and nuts.

Scoop the dough with a 1/4-cup measuring cup.\* Drop the dough in mounds 2 inches apart onto the prepared cookie sheet. If necessary, use the rubber scraper to push the dough from the measuring cup. Use your hands to flatten dough on cookie sheet.

Put the cookie sheet in the oven. Bake for 12 to 15 minutes or until cookie edges begin to brown.

Use hot pads to remove cookie sheet from oven. Let cookies remain on cookie sheet for 1 minute. Use a pancake turner to move cookies to a cooling rack. Repeat with remaining dough, letting cookie sheet cool between batches or use a second cookie sheet. Turn off oven.

Serve with your favorite fruit-flavored yogurt and orange juice. \*NOTE: If you like, use an ice cream scoop that holds about 1/4 cup to scoop the dough.

## **Almond French Toast**

- 2 cups cups slivered almonds (can use more or less)
- 3 eggs
- 1 cup half-and-half cream (or full-fat milk)
- 3 tablespoons flour
- 1/8-1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1/4-1/2 teaspoon almond extract
- 1 1/2 teaspoons vanilla
- 10-12 slices thick French bread
- 3 tablespoons oil (more as needed)
- 4 tablespoons butter (more as needed)
- confectioners' sugar (optional)

Place the almonds in a small saucepan; toss occasionally until lightly browned (about 5-8 minutes) careful not to overbrown; set aside.

In a large bowl, whisk together eggs, half and half or milk (if using) flour, salt, baking powder, almond extract and vanilla.

Soak the bread slices in the egg mixture until soaked.

Place in a shallow glass dish.

Cover with plastic wrap and refrigerate the bread slices for about 1 hour.

Heat the oil and butter in a skillet (I do this on my large electric frypan).

Doing one slice at a time, press one side of the soaked bread slice into the toasted almonds to coat.

Fry the bread slices on both sides until golden.

Sprinkle with confectioners sugar if desired.

## ***Gomlette Deluxe***

2 eggs  
1 tablespoon milk  
1 slice ham, diced  
chopped red bell peppers  
chopped scallions  
grated cheese  
1/8 teaspoon garlic powder  
salt and pepper

Spray pan with Pam.  
Scramble eggs and add milk. Combine with remaining ingredients and pour into pan.  
Cook as you would any omelette. May top with additional cheese, if desired



## ***Grandma's Buttermilk Waffles***

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 eggs, beaten
- 2 cups buttermilk
- 4 tablespoons butter, melted

In a mixing bowl, add flour, baking powder, salt, and soda; stir to mix.

Add in eggs, buttermilk, and butter; mix well.

Pour batter into a preheated prepared waffle iron; cook until steaming stops and waffles are crisp and golden.

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Add in eggs, buttermilk, and butter; mix well.

Pour batter into a preheated prepared waffle iron; cook until steaming stops and waffles are crisp and golden.

## ***Banana Milkshake***

2 small bananas, frozen  
1 cup milk  
3/4 cup orange juice  
1/8 cup sweetened strawberry-lemonade drink mix  
1/8 cup sugar  
6 ice cubes

peel banana, and chop into fourths.  
mix all ingredients in a blender on low for 15 seconds.  
gradually increase the speed.  
should mix for about a total of 2 minutes.

## ***Cream of Wheat Pancakes***

3 cups pancake mix  
3 cups cream of wheat  
4 cups 1% low-fat milk, lowfat  
6 eggs  
12 teaspoons vegetable oil  
vegetable cooking spray

Spray griddle with cooking spray. In bowl, combine pancake mix and cereal. Mix milk, egg and vegetable oil; stir into cereal mixture. Pour 1/4 c batter onto griddle. Cook until top gets bubbly and then turn and cook until golden brown.

## ***Apricot-Pumpkin-Pecan Muffins***

1/2 cup all-purpose flour  
1 cup whole-wheat flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1 teaspoon ground cinnamon  
1/16 teaspoon ground cloves  
1/2 cup dried apricots, chopped  
2 tablespoons pecans, chopped  
1/2 cup orange juice  
2 tablespoons vegetable oil  
1/4 cup firmly packed brown sugar  
2 egg whites  
1/2 cup canned pumpkin  
1 1/2 teaspoons vanilla extract

Preheat oven to 400°F.

Lightly oil 8 muffin cups or spray with a nonstick cooking spray.

In a large bowl, combine both flours, baking powder, baking soda, cinnamon and cloves; mix well.

Mix in apricots and pecans.

In another bowl, combine remaining ingredients.

Beat with a fork or wire whisk until blended.

Add to dry mixture, mixing until all ingredients are moistened.

Divide mixture evenly into prepared muffin cups.

Bake 15 minutes, until a toothpick inserted in the center of a muffin comes out clean.

Remove muffins to a rack to cool.

## ***Cantaloupe With Honey Ginger Dressing***

### Dressing

- 1/4 cup honey
- 1 teaspoon lime zest
- 1 teaspoon orange zest
- 2 teaspoons gingerroot, minced

In a small bowl combine sauce ingredients and heat for 30 seconds in the microwave; set aside to cool.

Place fruit in a mixing bowl, top with dressing and mix well.

Serve alone or with vanilla ice cream

## ***Cinnamon French Toast With Poached Apples***

.  
2-3 golden delicious apples, peeled cored and sliced  
1 tablespoon cornstarch  
ground cinnamon  
6 slices bread  
3 eggs  
1/2 cup cold water  
1 dash vanilla  
1/2 cup milk  
3-4 tablespoons sugar

Cook peeled, cored and sliced apples in water about 8 minutes over medium-low heat or until tender.

Remove apples and set aside.

Combine cornstarch, cinnamon, sugar and 2 tablespoons water- Mix until smooth.

Cook until thickened and clear.

Add apples.

Beat eggs with milk, vanilla and cinnamon.

Dip each bread slice in mixture- Fry until golden brown.

Serve hot and top with poached apple slices.

## Monkey Bread Rolls

- shortening
- 6 frozen cinnamon sweet roll dough
- 1/3 cup chopped pecans
- 1/4 cup butter or margarine
- 1/2 cup sugar
- 1/4 cup caramel ice cream topping
- 1 tablespoon maple syrup

The night before, grease a baking sheet with shortening. Place frozen rolls about 2 inches apart on prepared baking sheet. Cover with plastic wrap. Chill in refrigerator overnight to let dough thaw and begin to rise.

Generously grease twelve 2 1/2-inch muffin cups with shortening. Divide the pecans evenly among the muffin cups. Save until Step 4.

Turn on oven to 350 degrees. Put butter in a microwave-safe bowl. Cover bowl with waxed paper. microwave on 100% power (high) for 20 seconds or until butter is melted. Using hot pads, remove bowl from microwave. Place sugar in a small bowl.

Use kitchen scissors to cut each roll in four pieces. Dip each piece into melted butter, then roll in sugar. Place two dough pieces in each prepared muffin cup. Drizzle with any remaining melted butter; sprinkle with remaining sugar.

In a small bowl combine ice cream topping and maple-flavored syrup; drizzle over top of rolls.

Place muffin pan in a large shallow baking pan.

Put pan in oven. Bake about 20 minutes or until rolls are golden brown. Turn off oven. Use hot pads to remove pan from oven. Place pan on a wire rack and cool 1 minute. Place large plate on top of muffin pan. Using hot pads turn plate and pan over so plate is on the bottom. Carefully lift muffin pan to invert rolls onto plate. Spoon any topping and nuts that remain in muffin cups onto rolls. Cool slightly. Serve warm.

Serve with scrambled eggs, mixed fresh fruit, and orange juice.



## ***Breakfast Enchiladas***

12 ounces ham, finely chopped  
2 1/2 cups cheddar cheese, shredded (10 ounces)  
1/2 cup green peppers, chopped  
1/2 cup green onions, chopped  
8 (7 inch) flour tortillas  
1 tablespoon flour  
1/4 teaspoon salt  
4 eggs, beaten  
2 cups light cream or milk  
1/4 cup garlic powder  
3 drops hot pepper sauce

Mix ham with 2 cups cheese, onion and green pepper.

Roll 1/3 cup mixture in each tortilla shell.

Place seam side down in 11"x17" baking dish.

Combine eggs, light cream or milk, flour, salt, garlic powder and few drops hot pepper sauce; pour over enchiladas.

Refrigerate several hours or overnight.

Bake covered at 350 degrees for 40 minutes.

Uncover and bake another 10 to 15 minutes.

Add remaining cheese and bake until cheese is melted.

## ***Breakfast Enchiladas***

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Refrigerate several hours or overnight.

Bake covered at 350 degrees for 40 minutes.

Uncover and bake another 10 to 15 minutes.

Add remaining cheese and bake until cheese is melted.

## ***Breakfast Casserole***

- 8 frozen hash browns (patties)
- 4 cups shredded cheddar cheese
- 2 cups cubed cooked ham
- 7 eggs
- 1 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon ground mustard

Place hash browns patties in a single layer in a greased 13x9x2 baking dish. Sprinkle with cheese and ham. In a bowl, beat eggs, milk, salt and mustard. Pour over ham. Cover and bake at 350° for 1 hour. Uncover; bake 15 minutes longer or until edges are golden brown and knife inserted near the center comes out clean.

## ***Egg and Bacon Tarts***

- 6 slices sandwich bread, crusts removed
- 30 g butter, melted
- 6 eggs
- 3 slices bacon, chopped
- 1 tablespoon chopped fresh parsley

Brush each piece of bread with butter. Press into greased deep patty tins.

Break an egg into each bread case. Top with an even amount of chopped bacon. Sprinkle with a little parsley.

Bake in a moderate oven 180oC for 15 to 20 mins or until egg is firm.

Serve warm or cold.

Store in an airtight container in the fridge for up to 3 days.

## Farina Bars

- 1/4 cup butter, softened
- 1/4 cup unsweetened applesauce
- 1/2 cup white sugar
- 1/3 cup honey
- 2 tablespoons lemon zest
- 2 cups dry cream of wheat
- 2 teaspoons baking powder
- 1 teaspoon ground cardamom
- 1 cup plain yogurt
- 4 egg whites

In a large bowl, cream the butter, applesauce, sugar and honey.

Add in the lemon zest.

Combine the cream of wheat, baking powder and cardamom and then stir into the creamed mixture.

Add and mix in the yogurt and egg whites.

If over mixed, the bars will fall during baking.

Spread the mixture evenly into a greased 9x13 inch pan.

Bake at 350 for 45 to 55 minutes or until the edges are brown. Cool and cut into bars.

## ***Banana and Cream of Wheat Muffins***

- 1 banana
- 1/2 cup nonfat yogurt
- 1 cup milk
- 1 teaspoon vanilla
- 1 1/4 cups all-purpose flour, unsifted
- 3/4 cup cream of wheat or farina
- 1 tablespoon baking powder
- 1 teaspoon salt

In a mixing bowl, mix first 4 ingredients together.

In another mixing bowl mix the rest of the ingredients together.

Combine both mixtures, until moistened and then pour into muffin tins. Bake at 400 for 20 minutes.

## ***Blueberry Poppyseed Brunch Cake***

2/3 cup sugar  
1/2 cup butter, softened  
2 teaspoons lemon peel, grated  
1 egg  
2 tablespoons poppy seeds  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup sour cream  
1 1/2 cups flour  
Filling  
2 cups blueberries  
2 teaspoons flour  
1/4 teaspoon nutmeg

Grease and flour the bottom of a 9 or 10 inch springform pan.  
Drain blueberries on paper towels.  
Beat sugar and butter until fluffy.  
Add lemon peel and egg- Beat 2 minutes at medium speed.  
In a small bowl mix flour, poppyseed, baking soda and salt.  
Add flour mixture to butter mixture alternating with sour cream.  
Spread butter on bottom and up on inch on sides.  
Combine filling ingredients and spoon over batter.  
Bake at 350 degrees for 45 to 55 minutes or until golden brown.  
Cool slightly and remove side of pan.  
Drizzle with a powdered sugar glaze while still warm.

### ***Down-Under Cantaloupe Bread***

- 3 eggs
- 1 cup oil
- 2 cups sugar
- 3 teaspoons vanilla
- 1 ripe cantaloupe (2 cups puree)
- 3 cups flour
- 1 teaspoon baking soda
- 3/4 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon ginger
- 1 cup nuts

Beat eggs, then add oil, sugar and vanilla.

Cut chunks of cantaloupe and put in blender to puree.

Add 2 cups puree to egg mixture; add remaining ingredients and mix well.

Pour into greased and flour 9x5 inch pan.

Bake at 325 degrees for 1 hour.



## ***Pumpkin Muffins***

.  
1 egg  
1/2 cup milk  
1/2 cup canned pumpkin  
1/4 cup vegetable oil  
1 1/2 cups flour  
1/2 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 cup seedless raisins (or choc. chips)

Heat oven to 400

Grease bottom of muffin cups.

Mix all ingredients and stir until flour is moistened and mixed well.

Fold in raisins (or other)

Fill muffin cups 2/3 full.

Sprinkle a pinch of sugar over each muffin. Bake for 18-20 minutes.

## ***Huevos Rancheros***

### Sauce

- 1 dried chipotle chile (or 1 canned)
- 1 jalapeno pepper, stemmed and seeded
- 1 lb tomatillos, husked (about 6)
- 2 medium tomatoes, stemmed
- 1 teaspoon vegetable oil
- 1 teaspoon dried oregano
- 1 teaspoon dried marjoram
- 1 tablespoon lime juice
- salt and pepper, to taste
- 2 tablespoons cilantro (optional)

### Assembly

- 8 corn tortillas (6 inches)
- 1/2 lb monterey jack cheese, shredded
- 8 eggs
- 1/2 cup onions, white, finely diced
- 3 tablespoons parmesan cheese, grated
- 4 tablespoons cilantro, chopped (optional)

Preheat oven to 450 degrees.

Place chipotle pepper and jalapeno pepper in small saucepan and cover with water. Bring to a boil and turn off heat. Set aside until chipotle is softened, about 30 minutes, and drain.

Meanwhile place tomatillos and tomatoes in a shallow metal baking pan and roast in oven for 15-20 minutes and remove without turning off oven.

Transfer to a blender and add drained peppers (you might want to start with half a pepper each and adjust according to taste) and oil, oregano, marjoram, lime juice, salt & pepper and cilantro, if desired. Blend well until smooth.

Place tortillas on a large baking sheet and spread evenly with cheese. Bake about 3 minutes.

Meanwhile, cook eggs to taste (scrambled, fried or poached).

Place an egg on each tortilla, and top with a generous tablespoon of sauce, onions, parmesan cheese and cilantro if desired.

***Bumps on a Log***

2 tablespoons peanut butter

12 blueberries

Split banana in half lengthwise.

Spread each half with peanut butter.

Evenly space blueberries in the peanut butter down the length of each banana half.

## **Cornmeal Molasses Pancakes**

- 1 large egg, beaten
- 1 1/4 cups buttermilk
- 1 tablespoon dark molasses
- 1 teaspoon dark molasses
- 1/4 cup butter, melted
- 1 cup unbleached all purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 2 teaspoons baking powder
- 1/2 cup yellow cornmeal

In a large bowl, combine the egg, buttermilk, molasses and melted butter.  
add the flour, salt, baking soda and baking powder.  
add the cornmeal last, stirring just until combined; the batter will be slightly lumpy.  
drop by tablespoons full on a hot greased griddle until bubbles form around the outer edges.  
turn and brown on the other side --  
serve with butter and sorghum molasses or maple syrup.

## **Breakfast Cheese Pie**

### FILLING

- 2 lbs ricotta cheese
- 2 large eggs
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/4 teaspoon fresh lemon juice
- 1/2 teaspoon grated lemon zest
- 8 ounces cream cheese, softened

### BATTER

- 1 cup all-purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 cup butter, melted
- 2 large eggs
- 1/4 cup milk
- 1 teaspoon vanilla

In a large mixer bowl, combine all the filling ingredients and blend well. set aside.  
preheat the oven to 300\* -- in a large bowl, combine the flour, baking powder, and salt. mix well.  
add the melted butter, eggs, milk and vanilla and mix lightly but thoroughly by hand.  
spoon half of the batter into 2 greased 9" pie pans.  
top with the filling, spreading it out with a spoon. but don't mix it in --  
drop the remaining batter on top of filling, by small spoonfuls, spreading it out gently to cover the filling during baking.  
it will all come together during baking.  
bake for 1 1/2 hours. cut in wedges serve with fresh fruit and crisp bacon.

## ***Challah French Toast à La Peter Pan***

- 1 medium loaf challah
- 2 large eggs
- 1 tablespoon granulated sugar
- 1/4 teaspoon ground cinnamon
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 3/4 cup whole milk
- 2 quarts canola oil, for deep-frying
- confectioners' sugar
- maple syrup

In a 4- or 5-quart heavy pot, heat oil over high heat until candy or oil thermometer registers 380 degrees.

With bread knife, cut challah lengthwise. Then cut each length in half, resulting in four equal quarters. Remove crusts from each quarter, in so doing shaping challah into large triangular wedges.

Mix cinnamon and sugar together in a small bowl. In a large bowl, beat eggs thoroughly and then slowly whisk in cinnamon sugar until fully incorporated. Add vanilla, salt, and milk, continuing to whisk.

When oil has reached 380 degrees, place two challah wedges in egg batter. Soak for 30 seconds, then turn over and soak other side for an additional 30 seconds. Remove from batter, shaking off excess. Place wedges in hot oil. With tongs or slotted spoon, turn wedges every 30 seconds or so, until all sides are deep brown, about 3 minutes.

Remove wedges from oil and drain on paper towels. Keep warm in 200-degree oven. Repeat process with remaining two challah wedges. When ready to serve, plate wedges and dust with confectioners' sugar. Serve with maple syrup and, if desired, fresh fruit on the side.

## **Breakfast Apple Fritters**

1 1/2 cups unbleached all purpose flour  
1/4 teaspoon salt  
2 teaspoons baking powder  
1 teaspoon ground cinnamon  
3 tablespoons sugar  
1 large egg  
1 teaspoon vanilla extract  
3 medium firm apples  
3 teaspoons fresh lemon juice  
vegetable oil (for frying)  
maple syrup

sift together the flour, salt, baking powder, cinnamon, and sugar. set aside.

in a large mixing bowl, beat the egg lightly.

add the milk and vanilla and blend.

peel and core the apples, chop finely (use your food processor) and toss with the lemon juice.

add the dry ingredients gradually to the milk mixture, then add the apples, blend.

heat an electric skillet to 365\*.

add enough oil to reach 1/4" deep. Drop the batter by heaping teaspoonfuls into the skillet, patting each fritter down a bit.

but they will be approximately 2 1/2" in diameter.

fry until golden on one side. then turn and brown the second side.

transfer to a platter and keep warm in the oven while you fry the rest.

serve with warmed maple syrup.

### ***Miniature Mexican Frittatas***

- 1 (10 ounce) package frozen chopped spinach, thawed and well drained
- 1 cup cottage cheese, drained
- 1/2 cup grated parmesan cheese
- 1/2 cup shredded cheddar cheese (2 ounces)
- 4 eggs
- 1/4 cup milk
- 1 teaspoon ground cumin
- 1/4 teaspoon pepper
- 2 tablespoons snipped cilantro or parsley
- salsa, warmed
- sour cream (optional)

In a medium bowl combine the spinach, cottage cheese, Parmesan cheese, and cheddar cheese. In another bowl stir together the eggs, milk, cumin, and pepper. Stir into spinach mixture. Stir in the cilantro or parsley. Spoon mixture into 12 lightly greased 2 1/2 inch muffin cups. Bake uncovered at 375 degrees for 20 to 25 minutes or till eggs are set. Let stand 5 minutes. Remove from muffin cups. Serve with salsa and, if desired, sour cream.



## ***Sticky Buns***

- 1 (24 ounce) package frozen yeast dinner roll dough
- 1 (3 1/2 ounce) box butterscotch pudding mix
- 1/2 cup sugar
- 2 tablespoons cinnamon
- 1 cup pecans, chopped
- 2 tablespoons butter, melted

Mix dry butterscotch pudding mix, sugar, cinnamon and pecans together.

Spray a bundt pan with non stick cooking spray. Place 2 tablespoons of pudding mixture on bottom of pan.

Next place 18-20 frozen rolls on top. Cover rolls with the remainder of pudding mixture.

Cover with a towel and let rolls thaw and rise on counter top until rolls have doubled in size. Or you may start this in the evening and place in the refrigerator overnight. They should be doubled by the morning.

Bake in a 350 degree oven for 30-40 minutes.

## ***Breakfast Burgers***

- . 1 lb ground beef
- 1 lb ground pork breakfast sausage
- 2 cups French-fried onions
- 9 eggs
- 1 dash ground pepper
- 8 cheese slices
- 8 pineapple slices
- 8 potato sandwich buns
- 8 dashes paprika
- 1 cup prepared mayonnaise
- 1/4 cup irish red beer
- 1/2 cup sour cream

### **FOR THE BURGERS:.**

In a bowl, mix the beef, sausage, onions and one egg. Pepper to taste. Shape mixture into eight 1-inch patties. Grill over medium high heat seven minutes per side or until juices run clear. Set aside and keep warm. Grill pineapple slices over medium heat 1-2 minutes on each side until striped. Set aside and keep warm. Fry the eight remaining eggs over medium in a large skillet over medium heat. Sprinkle with paprika. Turn off heat and cover. Assemble sandwiches with cheese slice on the bottom of the bun, the burger, a fried egg, and the grilled pineapple slice. Dress the top bun inside with a dollop of the mayo.

### **FOR THE MAYO:.**

Mix the mayonnaise, beer and sour cream in a bowl. Let stand for 5 minutes to blend flavors.

## ***French Toast Extraordinaire***

- 12 slices white bread (use good quality fresh bread)
- 8 ounces cream cheese
- 6 ounces tomato jam (may be found at specialty stores) or your favorite jam
- 6 eggs
- 1 quart whole milk
- 2 teaspoons vanilla extract
- 1/4 teaspoon ground cinnamon
- 1 pinch salt
- 2 tablespoons brown sugar (for sweetness)
- 1/8 teaspoon nutmeg, freshly ground
- 1 tablespoon lemon juice
- 1/4 teaspoon sugar
- 1/4 teaspoon ginger

Make cream cheese and jam sandwiches.

For batter, beat together eggs, milk, vanilla, cinnamon, brown sugar, salt and nutmeg; Fold in lemon juice, sugar and ginger.

On griddle or non-stick pan melt butter.

Soak sandwiches in batter and pan fry until golden brown on each side.

Remove from heat and cut sandwiches in half.

Arrange on plate with favorite fruit accompanied with sausage or bacon or perhaps ham.

## ***Grandma Caddell's Hot Cakes***

- 2 cups flour
- 1/2 cup sugar
- 4 teaspoons baking powder
- 2 eggs
- 1 teaspoon vanilla (or more if you like a lot of vanilla)
- 1 3/4 cups milk (more or less to make smooth consistency)

Mix all dry ingredients in a med. size bowl.  
Then add enough milk and stir until smooth.

Add eggs.

Add vanilla.

Stir again.

If needed, add more milk. The batter should be a bit on the thin consistency side.

Let these set for about 5 min, and they will thicken a little.

Drop batter on either a ungreased griddle, or a non stick fry pan on medium heat. The first pancake is always the test to see if your pan is on the right heat. You can make these any size you want, but grapefruit size is the way grandma always made them.

This recipe can also be halved. And, these freeze up great! I freeze them for my family for a quick breakfast, or after school snack.

## ***Camping Farmers Breakfast***

6 medium potatoes (I use red)  
8 slices bacon  
1 medium onion, diced  
6 eggs  
salt and pepper  
butter  
parsley (optional)

Cook potatoes with their skins in boiling salted water until done. Cool, peel or leave skins on, cube or slice. Cut bacon in small pieces and fry on medium heat to desired crispness. Drain on paper towel. Add approx. 2 tbs. butter to the bacon fat and fry onions until transparent. Add the potatoes to the pan with the onions and fry until crust forms. Return bacon. Crack the eggs into the potatoes and scramble them around with everything. Salt and pepper to taste. Be careful with the salt, since the bacon is salty. Finish with parsley.

Good as a side dish, breakfast of course, or as a main meal for 2 with a green salad.

Cook time is after the potatoes have cooled.

## ***Gourmet Huevos Rancheros***

- 4 (6 inch) corn tortillas
- 1 cup canned refried beans
- 2 tablespoons unsalted butter or vegetable oil
- 8 large eggs
- salt and black pepper, freshly ground
- 1/2 cup monterey jack cheese, grated
- 1 avocado
- 2 teaspoons lime juice, fresh
- 1/2 cup prepared salsa
- 1/2 cup sour cream
- 1/4 cup fresh cilantro, coarsely chopped
- 1 green onion, white and green parts (thinly sliced on the bias)

Preheat the broiler.

Heat the tortillas by toasting them one at a time in a dry cast-iron skillet or directly over a gas flame until lightly toasted; Place on a baking sheet, spread each tortilla with 1/4 cup of refried beans, and cover to keep warm.

Working in batches as needed, heat the butter in a large skillet over medium-high heat until it is very hot but not smoking and the foaming has subsided; Crack the eggs directly into the hot butter and reduce the heat to medium-low or low; Fry the eggs, shaking the pan occasionally to keep the eggs from sticking; Season the eggs with salt and pepper; Fry to the desired doneness, about 2 minutes for "sunny-side up," 3 minutes for medium yolks, and 4 minutes for hard yolks; Or, once the whites are just opaque, turn the eggs and cook for 30 seconds more for "over easy," 1 minute more for "over medium," or 2 minutes more for "over hard."

Top each tortilla with 2 fried eggs and 2 tablespoons of the grated cheese; Slide the tortillas under the broiler to melt the cheese.

Meanwhile, dice the avocado and toss with the lime juice to prevent the avocado from discoloring. Top each serving with 2 tablespoons salsa and 2 tablespoons sour cream; Divide the avocado among the tortillas; Garnish each tortilla with 1 tablespoon cilantro and 1 tablespoon green onion and serve.

## ***The Ultimate Zucchini Bread***

- 3 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1/4 teaspoon ground cloves
- 2 1/2 cups zucchini (grated unpeeled)
- 1 cup sugar
- 4 large eggs, lightly beaten
- 1/2 cup vegetable oil
- 2 tablespoons orange zest, grated
- 1 cup toasted walnuts or pecans (coarsely chopped)

Preheat the oven to 350°F; Grease and flour two 8½-inch loaf pans.

Sift the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves into a bowl and set aside; Combine the zucchini, sugar, eggs, oil, and orange zest in a large bowl and mix by hand until evenly blended.

Add the sifted dry ingredients to the zucchini mixture; Stir by hand just until the batter is evenly moistened and blended; Fold in the nuts; Divided the batter between the prepared loaf pans; Bake until the edges are browned and starting to pull away from the pan and the bread springs back when lightly pressed with your fingertip, 50-55 minutes; Remove the loaves from the pans and let cool on wire racks before serving.

## ***Ham and Cheddar Cream Scones***

3 cups bread flour  
1/2 cup sugar  
2 tablespoons baking powder  
1/2 teaspoon salt  
2 cups heavy cream  
1 cup of medium-dice ham  
1/2 cup of medium dice cheddar cheese  
1/2 cup of sliced scallions

Cut two 10-inch circles of parchment or waxed paper; Use one to line a 10-inch round cake pan; Reserve the second piece.

Sift the flour, sugar, baking powder, and salt together into a mixing bowl; Make a well in the center of the flour mixture; Add one cup of medium-dice ham, one-half cup of medium dice Cheddar cheese, and one-half cup of sliced scallions to the dry ingredients just before blending in the cream.

Add the cream to the flour mixture and stir by hand just until the batter is evenly moistened.

Place the dough into the lined cake pan and press into an even layer; Cover the dough with the second parchment paper circle; Freeze the dough until very firm, at least 12 hours.

Preheat the oven to 350°F; Prepare a baking sheet by spraying it lightly with cooking spray or lining with parchment paper.

Thaw the dough for 5 minutes at room temperature; turn it out of the cake pan onto a cutting board; Cut the dough into 10 equal wedges and place them on the baking sheet about 2 inches apart.

Bake the scones until golden brown, 30-40 minutes; Cool them on the baking sheet for a few minutes then transfer to cooling racks; Serve the scones warm or at room temperature; Serve baked scones the same day they are made or freeze for up to 4 weeks.



## ***Scrambled Egg Casserole***

18 eggs  
1 cup cream, plus  
2 tablespoons cream  
3 tablespoons butter (for frying)  
1 (10 ounce) can cream of mushroom soup  
1 1/4 cups shredded cheese  
4 slices bacon, crumbled  
salt  
pepper

Mix eggs and cheese; scramble in a frying pan with butter. Add salt and pepper.  
Put scrambled eggs in 3 quart casserole dish. Pour top with soup, cheese, and bacon.  
Bake at 250\* for 45 to 60 minutes.

Note: Can be refrigerated overnight, then baked 1 1/2 hours.

## ***Chocolate-Peanut Butter Oatmeal***

- 1/4 cup hot chocolate powder (I use the sugar-free mix from this site, my variation in the review)
- 1/4 cup large flake oatmeal
- 1/2 cup water
- 1 tablespoon natural chunky peanut butter

Combine the hot chocolate mix and oat flakes.

Add the water, stir, and microwave for approximately one minute on high.

Stir well, and add the peanut butter. This will melt into the oatmeal as you continue to stir.

I eat it without adding milk, but that is up to you.

## ***Green Chili and Chorizo Breakfast Strata***

16 ounces chorizo sausages or pork sausage or beef sausage, casings removed  
2 1/2 cups whole milk  
5 large eggs  
1 teaspoon ground cumin  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
6 slices sourdough bread, crusts removed  
1 1/3 cups monterey jack pepper cheese, shredded  
1 (4 ounce) can mild green chilies, chopped, drained  
1/2 cup fresh cilantro, chopped

Butter an 8-cup baking dish.

Saute' chorizo in heavy skillet over medium-low heat until cooked through, about 15 minutes.

Using slotted spoon, transfer chorizo to paper toweling to drain.

Whisk next 5 ingredients in large bowl. Place 2 bread slices in bottom of prepared dish. Sprinkle with 3/4 cup cheese and half each of chilies, cilantro and chorizo.

Pour 1/3 of egg mixture over.

Repeat layering with 2 bread slices, 3/4 cup cheese and remaining chilies, cilantro, and chorizo.

Top with 2 bread slices.

Pour remaining egg mixture over and sprinkle with remaining cheese.

Cover; chill overnight.

Preheat oven to 350 degrees.

Bake Strata uncovered until puffed and golden, about 55 minutes.

Let stand 5 minutes or so before serving.

***Jackie Kennedy's White House Hot Fruit Dessert***

- 1 orange
- 1 lemon
- 1/2 cup light brown sugar, packed
- 1/4 teaspoon ground nutmeg
- 1 (8 3/4 ounce) can pineapple tidbits
- 1 (8 ounce) can apricots
- 1 (8 3/4 ounce) can peaches
- 1 (17 ounce) can pitted bing cherries
- jarred prunes (can be added, to taste)
- 16 ounces sour cream

Grate the rind of the lemon and orange and add to light brown sugar.

Cut orange and lemon into very thin slices.

Drain and combine fruits.

Butter a 1-quart casserole and arrange in layers of drained canned fruits, lemon and orange slices, sprinkled with light brown sugar; repeat.

Bake at 350 for 30 minutes.

Serve warm with a dollop of sour cream on top.

## Chai Oatmeal

- 3/4 cup large flake oatmeal
  - 1/8 teaspoon turmeric (original recipe called for 1/4 tsp....you decide)
  - 1/8 teaspoon salt (1/4 tsp. in original)
  - 1/4 teaspoon ground coriander
  - 1/4 teaspoon ground cardamom
  - 1/4 teaspoon ground cinnamon
  - 1/4 teaspoon ground allspice (original recipe called for ground cloves)
  - 1 pinch nutmeg
  - 1 teaspoon honey (I omit, but my daughter adds 1 package of Equal after cooking for sweetness)
  - 1 1/2 cups milk
- Optional
- sometimes i add finely diced dried fruit, like apricots (optional) or cranberries (optional) or raisins (optional) or sometimes i add toasted chopped walnuts (optional) or almonds, after cooking depending on my mood and what is on hand (optional)

Combine oatmeal and flavourings in a deep, microwave safe bowl.

Add milk and stir to combine.

Cook on high power for 2 minutes, then stir.

Continue cooking and stirring at one minute intervals until the oatmeal is as thick as you like.

Top with favourite toppings. I like plain yogurt and a touch of maple syrup.

## **Apple French Toast**

toast  
2 large eggs  
1/3 cup whole milk  
1 teaspoon sugar  
1/2 teaspoon cinnamon  
1 pinch salt  
3 slices egg bread, 3/4-inch thick  
apple  
6 tablespoons unsalted butter  
1/4 cup sugar  
2 tart apples, peeled, cored, 1/2-inch slices  
1/4 cup dark rum

### TOAST.

Whisk first 5 ingredients in medium bowl to blend.

Arrange bread slices in 9" square baking dish. Pour egg mixture over bread, turning to coat slices.

Let stand 20 minutes.

Now make the apples.

### APPLES.

Melt 4 T. butter in large skillet over medium high heat.

Mix in sugar.

Add apples and cook until syrup turns deep golden brown, about 15 minutes.

Add rum, bring to boil, scraping up bits.

Set aside.

Now fry the bread.

Melt remaining butter in large skillet. Fry bread about 6 minutes per side.

Cut slices diagonally.

Spoon apples over.

Eat!

## ***Sage and Maple Sausages***

- 2 slices bacon, chopped
- 1/2 cup onions, finely chopped
- 3/4 teaspoon thyme
- 2 tablespoons real maple syrup
- 1 teaspoon sage
- 1/2 teaspoon curry powder
- 1/2 lb bulk pork sausage
- 1 tablespoon vegetable oil

Saute' bacon until crisp. Remove from pan and drain. Keep drippings.

Add the onion and thyme to the bacon drippings. Saute' until the onion is tender, 4 - 5 minute

Remove most of the bacon grease from the fry pan.

Mix in the bacon, maple syrup, sage and curry.

Place sausage in a bowl. Add onion/bacon mixture. Mix well.

Form into 4 3" patties. (Make ahead if you want).

Heat oil in skillet. Fry sausage about 5 minutes per side or until done. Drain and serve.

## ***Baked English Omelet***

6 eggs  
2/3 cup milk  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
1 1/2 cups cheddar cheese, shredded  
1 green onion, thinly sliced  
1/2 small red pepper, diced  
1/2 cup mushrooms, sliced (measure after slicing)  
6 slices bacon, cooked and crumbled  
1 tablespoon butter  
1 tablespoon parmesan cheese

Beat eggs with a whisk until smooth. Beat in the milk.

Stir in the seasonings, Cheddar cheese, onion and bacon. Set aside.

Melt butter in a 9-inch fry pan. Saute the onion, red pepper and mushrooms until the onions are soft and the mushrooms have given up their liquid.

Pour egg mixture over the cooked vegetables.

Sprinkle with the Parmesan cheese.

Bake at 400 degrees for 15 - 20 minutes or until set and golden. Don't over-cook.

Serve immediately.



## ***Mexican Breakfast Burritos***

.  
12 8-inch flour tortillas  
6-8 eggs, scrambled  
2 teaspoons milk  
2 large potatoes, skinned, boiled, cubed  
1/2 lb chorizo sausages, skinned  
2 lbs pork sausage  
1 small green pepper, seeded and chopped  
1/2 medium onion, diced  
1 jalapeno, chopped (to taste)  
1-2 cup cheddar cheese, grated (to taste)  
salt and pepper, to taste (optional)  
sour cream  
hot sauce  
salsa

Boil the potatoes in a large pot of salted water. When done, drain and set aside.

Scramble the eggs with the milk to make them fluffy. Place in a bowl.

In the same pan used for the eggs, fry the pork sausage. Drain the fat. Set the pork aside.

In the same pan, fry the chorizo. Drain the fat. Add to the cooked pork sausage.

Together, saute the bell pepper, the onion and the jalapeno until the onions are transparent.

Blend in the sausage mix. Take off the heat.

Heat tortillas in covered container in microwave for about 10 seconds. Heat long enough to just make them more pliable.

To each tortilla, add small amounts of egg, potato, sausage mixture and cheese. Fold like an envelope. Wrap individually in a square of tinfoil.

If eating right away, re-heat in a 350 degree oven for a few minutes.

If not eating promptly, freeze for later. Re-heat before eating.

Serve with sour cream, hot sauce and salsa.

## High Protein Blueberry Muffins

muffins

1/4 cup butter

1/3 cup brown sugar, packed

1 egg

1 1/2 cups whole-wheat flour

1/3 cup wheat germ

1/4 cup non-fat powdered milk

1 1/2 teaspoons baking powder

1 cup skim milk

1 cup blueberries

crumb topping

1/4 cup brown sugar, packed

1/3 cup whole-wheat flour

1/2 teaspoon cinnamon

1/4 cup butter

### MUFFINS.

Cream together the butter and the sugar. Beat in the egg.

In another bowl, combine all of the dry ingredients. Mix well.

Add dry ingredients alternately with milk to the butter mixture.

Stir until combined but not over beaten.

Fold in blueberries.

Fill greased muffin tin.

Sprinkle Crumb Topping over each muffin.

Bake at 400 degrees for 20 minutes.

Let muffins cool a few minutes before taking them out of the pan.

### CRUMB TOPPING.

Combine the brown sugar, flour and cinnamon.

Cut in the butter to form pea-sized crumbles.

### ***Red White and Blue Smoothie Parfait***

- 2 cups stonyfield farm low-fat strawberry yogurt
- 4 cups stonyfield farm low-fat vanilla yogurt
- 2 cups fresh blueberries or frozen blueberries
- 1 cup mineral water, chilled

Set out 6 parfait glasses.

Divide the strawberry yogurt among them, keep sides of glasses as clean as possible.

Then divide 2 cups of the vanilla yogurt between the glasses by spooning the yogurt on top of the strawberry layer.

Combine blueberries, 2 cups of vanilla yogurt and spring water in a blender, food processor or immersion blender and puree all ingredients very smooth.

Using a clean soup spoon divide the blueberry smoothie over the red and white layers by pouring it slowly into the parfait glasses over the back of the spoon.

Serve with straws and spoons.

## ***Star Spangled Muffins***

- 1 1/2 cups all-purpose flour
- 1 cup Quaker Oats (quick or old fashioned, uncooked)
- 1/2 cup granulated sugar
- 1 tablespoon baking powder
- 1 cup 1% low-fat milk
- 1/4 cup vegetable oil
- 1 egg, lightly beaten
- 1 teaspoon vanilla
- 1/2 cup fresh blueberries
- 1/2 cup sliced fresh strawberries
- 12 teaspoons cinnamon sugar, divided

Heat oven to 400 degrees.

Line 12 medium muffin cups with paper baking cups.

In a large bowl, combine flour, oats, sugar and baking powder; mix well.

In a small bowl, combine milk, oil, egg and vanilla; blend well.

Add to dry ingredients all at once; stir just until dry ingredients are moistened (Do not overmix.)

Gently stir in blueberries and strawberries.

Fill muffin cups three-fourths full.

Sprinkle batter in each muffin cup with 1 teaspoon cinnamon-sugar.

Bake 18 to 20 minutes or until golden brown. Cool muffins in pan on wire rack 5 minutes; remove from pan- Serve warm.

## ***Hawaiian Coffee Cake***

- 1 cup pineapple preserves
- 2/3 cup flaked coconut
- 1/2 cup chopped pecans or walnuts
- 1 (8 ounce) package cream cheese, softened
- 1/2 cup powdered sugar
- 1 (16 ounce) king's Hawaiian bread
- 1 cup powdered sugar
- 2 tablespoons milk

Preheat oven to 350. Generously coat two 8" round pans with non-stick spray.

Spread 1/2 cup preserves evenly into each pan. Sprinkle each pan with equal amounts of coconut and nuts. Set aside.

Beat cream cheese and 1/2 cup powdered sugar with electric mixer until smooth.

Cut a horizontal slice off the top of bread to even it out. Slice remaining loaf into 4 equal horizontal layers. Trim edges to remove crust and to make all layers the same diameter. Save trimmings for another use.

Evenly spread half of the cream cheese mixture over one slice of bread. Place in pan, cheese side up. Cover with one slice of bread. Repeat for other pan.

If bread is higher than the edge of the pan, press down. Cover with foil, bake for 10 minutes. Invert cakes onto service plates. Cool slightly.

For glaze, mix 1 cup powdered sugar with milk in a small bowl. Drizzle glaze over top.

### ***Bite Size Sticky Buns***

2 tablespoons butter, melted  
2 tablespoons light corn syrup  
1/3 cup brown syrup  
1/2 cup pecans, finely chopped  
12 pieces frozen yeast dinner roll dough, thawed

Grease 24 miniature muffin cups and set aside. Combine butter, corn syrup, sugar and nuts. Spoon mixture into the bottom of muffin cups. Cut each dinner roll in half. Place cut side down on pecan mixture in muffin cup. Cover and let rise in a warm place until rolls double in size. Bake at 350 for 15-20 minutes. Remove from oven, cool 1 minute, then invert pan on wax paper.

## ***Oatmeal Raisin Scones (Low-Carb)***

2 cups rolled oats, divided  
2 cups flour  
1/4 cup sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
6 tablespoons chilled margarine  
2/3 cup raisins  
1 1/4 cups buttermilk  
1 tablespoon nonfat milk

Preheat oven to 375°F.

Grind 1 cup oats in a food processor.

Add flour, sugar, baking powder, and baking soda and "pulse" until blended.

Add margarine and pulse until mixture resembles a coarse meal.

Transfer to a large bowl and add raisins and remaining oats.

Make a well in the center and gradually add buttermilk.

Knead dough on lightly floured surface, about 10 turns.

Divide into 3 pieces and pat to 3/4 inch thickness. Cut each into quarters (12 scones).

Brush with skim milk and bake in preheated oven for about 28 minutes. (May wait up to 4 hours before baking).

## ***Crescent Pizza***

4 tablespoons pizza sauce, canned  
4 ounces pepperoni  
1 cup mozzarella cheese, shredded  
butter

Preheat oven to 400 degrees.

Grease a cookie baking sheet.

Gently unroll out the crescent dough on the baking sheet so it stays in a long rectangle.

Press any seams together.

Layer the crust with the sauce, pepperoni and then the cheese.

Bake for 15 minutes or until center is baked.

Note: 12 minutes leaves the inside still doughy.



## ***Homemade Fat Free Fruit Icecream***

1 cup milk  
1 banana  
1 orange  
1/2 cup frozen blueberries

1. blend all ingredients. (freeze banana and orange before hand).
2. wait till smooth.
3. you may have to stir mixture in blender.
4. when ice cream consistency is formed turn off blended.
5. serve in bowls.

## ***Make Ahead Apple Pancakes With Cider Syrup***

1 1/2 cups buttermilk  
3 large eggs, lightly beaten  
2 cups flour  
1 tablespoon sugar  
1 tablespoon baking powder  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
1/2 cup melted butter  
1 1/2 cups finely chopped apples  
1/2 cup chopped nuts (optional)  
**CIDER SYRUP**  
1 cup sugar  
2 tablespoons cornstarch  
1/2 teaspoon pumpkin pie spice  
2 cups apple cider  
2 tablespoons lemon juice  
1/4 cup butter

Combine buttermilk and eggs in large bowl and mix well.  
add flour, sugar, baking powder, salt and baking soda and mix well.  
stir in butter.  
stir in apples and nuts.  
chill covered in refrigerator at least 2 hours or more --  
Pour 1/4 cup at a time onto hot lightly greased griddle.  
bake until golden brown on both sides, turning once.  
to prepare CIDER SYRUP:  
combine sugar, cornstarch and pumpkin pie spice in saucepan and mix well.  
stir in cider and lemon juice.  
cook over low heat until mixture thickens, stirring constantly.  
Bring to a boil and boil for 1 minutes.  
Remove from heat and add butter and stir till melted.

## Stuffed Cantaloupe

2 cantaloupes

1 (11 ounce) can fruit cocktail, drained (or any combo of cutup fruit)

1 (3 1/2 ounce) package cherry Jell-O (or other flavor, dark-colored is best)

10 servings Change size or US/metric

Change to: servings US Metric

2 hours 45 minutes 15 mins prep

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Cut about 1-1 1/2" off top of cantaloupes. Scoop out seed and set aside.

Make gelatin according to package directions using 1 3/4 cup hot water. Refrigerate until soft set about 1 1/2 hours.

Add fruit, stirring well.

Dry inside of cantaloupes to increase bonding of Jello mix.

Fill cantaloupes with Jello mix and place in a bowl so fruit is upright.

Cover with plastic wrap and return to refrigerator and chill until firmly set.

To serve: Slice into rings and then, into wedges.

## ***French Berry Croissant***

- 2 cups sliced strawberries
- 1/4 cup sugar
- 2 plain croissants
- 1 cup sour cream
- 2 tablespoons sieved brown sugar

Stir strawberries with sugar. Split croissants lengthwise and cover with strawberries. Top with sour cream stirred with brown sugar.

## ***No Bake Granola Bars***

2 1/2 cups Rice Krispies  
2 cups quick oats  
1/2 cup raisins  
1/2 cup brown sugar, packed  
1/2 cup light corn syrup  
1/2 cup peanut butter  
1 teaspoon vanilla  
1/2 cup chocolate chips

In a large bowl combine: cereal, oats, and raisins.

In a sauce pan combine: corn syrup and brown sugar. Bring to a boil over med. heat, stirring all the time. Remove from heat. Stir in the peanut butter and vanilla until combined. Pour over the dry ingredients and toss until all is coated.

Now stir in the Choc. chips.

Lightly spray a 9x13 pan with Pam, and press the mixture into it. Let cool on a rack before cutting into bars. Enjoy.

## **Nectarine Upside Down Cake**

- 2 tablespoons butter or margarine
- 1/4 cup brown sugar, firmly packed
- 2-3 nectarines, peeled and sliced
- 1/2 cup butter or margarine, softened
- 1 cup sugar
- 1/2 cup egg substitute or 2 large eggs
- 1/2 cup skim milk
- 1 teaspoon vanilla
- 1 1/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Preheat oven to 350 degrees. Melt 2 tablespoons butter over medium heat. Add brown sugar and cook, stirring constantly, 2 minutes. Transfer to 9" round cake pan and spread evenly. Arrange nectarine slices over top in concentric circles in pan. If using large nectarines, you will only need 2 nectarines and will make two overlapping circles. If using smaller nectarines, you may need 3 nectarines and have more circles.

Beat butter until creamy. Add sugar and continue beating until light and fluffy. Add egg substitute or eggs and beat until blended. If using egg substitute, the mixture may look slightly curdled. Stir in milk and vanilla, blending well. Stir together dry ingredients; add to batter and mix on low speed just until blended. Batter is not very thick.

Spread batter evenly over nectarines. Bake cake until wooden pick tests clean, about 30-35 minutes. Let cool on wire rack 10 minutes, then invert onto serving platter. Cut into wedges to serve.

This is great, warm, for brunch. For dessert, I sometimes add slightly sweetened whipped cream.

### ***Almond Breakfast Bread***

3 cups flour  
2 cups sugar  
3 eggs  
1 1/2 teaspoons baking powder  
1 1/2 teaspoons salt  
1 1/2 cups milk  
3/4 cup vegetable oil  
2 teaspoons vanilla  
2 teaspoons almond extract  
1/2 cup slivered almonds

Combine all ingredients, except almonds, in a large bowl; beat 2 minutes at medium speed.  
Spoon batter into 2 greased and floured loaf pans.  
Sprinkle each loaf with 1/4 cup almonds.  
Bake at 350°F for 1 hour or until test done with toothpick.  
Cool in pans for 10 minutes, remove from pans and cool completely.

## ***Brunch Egg Casserole***

- 2 cups unseasoned croutons
- 1 cup shredded cheddar cheese
- 4 eggs, beaten
- 2 cups milk
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/8 teaspoon onion powder
- 1 dash pepper
- 4 slices bacon, cooked and crumbled

Place croutons and cheese in the bottom of a greased 9x13" baking dish. Combine eggs, milk and seasonings; pour into baking dish. Sprinkle with bacon. Bake at 325 for 1 hour or until set. Serve immediately.



## ***Whole Wheat Cinnamon Apple Pancakes***

- 4 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 eggs, lightly beaten
- 2 cups skim milk
- 2 tablespoons honey
- 1 tablespoon olive oil
- 1 medium apple, peeled, cored, and chopped

Combine first four ingredients in large bowl.

Combine next four ingredients in separate bowl, and stir into dry ingredients just until moistened. Stir in chopped apple.

Pour batter by 1/3 cupfuls onto a hot nonstick skillet coated with nonstick cooking spray; turn when bubbles form on top and cook until second side is golden brown.

## ***Crispy French Toast***

4 large eggs, beaten  
1/2 cup milk  
1/2 teaspoon cinnamon  
1 teaspoon vanilla extract  
1/8 teaspoon salt  
2 cups cornflake cereal, crushed  
1 loaf French bread, cut into 10 slices  
GARNISH  
maple syrup

whisk first 5 ingredients together in a shallow dish -- set aside.  
spread crushed cereal on a plate.set aside.  
dip bread slices into egg mixture; turn once to coat both sides.  
place in crushed cereal; turn once to coat both sides.  
arrange on a buttered baking sheet --  
bake at 450\* for 5 minutes.  
flip bread slices.bake an additional 5 minutes.  
drizzle with maple syrup; serve warm.

## ***Baked Garden Omelet***

8 large eggs, beaten  
1 cup ricotta cheese  
1/2 cup milk  
1/2 teaspoon dried basil  
1/4 teaspoon salt  
1/4 teaspoon fennel seeds, crushed  
1/4 teaspoon pepper  
10 ounces frozen spinach, thawed, drained  
1 cup tomatoes, chopped  
1 cup shredded mozzarella cheese  
1/2 cup green onions, sliced  
1/2 cup salami, diced

whisk eggs and ricotta cheese together in a large mixing bowl -- add milk, basil, salt, fennel seed, and pepper.

fold in remaining ingredients; spread in a greased 13x9 baking pan --

bake at 325\* until a knife inserted in the center comes out clean.

about 30-35 minutes. let stand 10 minutes before serving -- .

### ***Early Riser Breakfast***

- 8 slices bread, cubed
- 1 cup shredded cheddar cheese
- 1 cup shredded monterey jack cheese
- 1 1/2 lbs ground sausage, browned, drained
- 4 large eggs, beaten
- 3 cups milk
- 10 3/4 ounces cream of mushroom soup
- 3/4 teaspoon dry mustard

arrange bread in an ungreased 13x9" baking pan -- sprinkle with cheeses and sausage --  
mix eggs and 2 1/2 cups milk together --  
pour over bread.  
cover with aluminum foil; refrigerate overnight.  
combine remaining ingredients; pour over bread mixture.  
bake, uncovered at 300\* for 1 1/2 hours.

## ***Feather Bed Eggs***

2 tablespoons butter, softened  
6 slices bread (thick)  
pepper  
1 1/2 cups shredded cheddar cheese, divided  
6 large eggs  
1 1/2 cups milk  
oregano

grease 6 large muffin cups --

Butter one side of each bread slice, place buttered side up in muffin cup and press into place.

sprinkle each slice of bread with pepper to taste and 1/4 cup cheese.

beat eggs and milk together in a large bowl -- add oregano to taste.

divide mixture among muffin cups.

cover and refrigerate overnight.

In the morning, uncover and bake at 350\* for 30-40 minutes or until puffed and golden.

serve hot.

## **Grandma's Carmelized French Toast**

4 tablespoons butter, divided  
6 eggs  
1/2 cup whole milk  
1/8 teaspoon salt  
8 slices bread  
1 cup brown sugar  
1/2 cup water

Melt two tablespoons of butter in a skillet over medium high heat.

Beat together eggs, milk and salt.

Dip bread one at a time into egg mixture and fry until light brown and egg is cooked.

After 4 slices of bread have been cooked, melt remaining 2 tablespoons butter. Cook remaining bread slices until light brown on both sides and egg is cooked.

After all bread slices have been cooked and removed from pan, add brown sugar to pan and turn the heat to low.

Stir until melted and sticky (watch carefully for burning). Add water and stir. Place French toast in caramel sauce. Turn to coat, then remove from pan. Serve.

## ***Apple Cinnamon Pancakes***

### Pancakes

- 1 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- 3 egg whites, beaten
- 3/4 cup skim milk
- 2 tablespoons margarine, melted
- 1 cup unsweetened applesauce

### Fruit Topping

- 2 cups unsweetened strawberries or raspberries or peaches (or any other fruit of choice, fresh or frozen)
- 2 teaspoons frozen apple juice concentrate

For Pancakes, mix together flours, sugar, baking powder and cinnamon.

Combine the beaten egg whites, milk, margarine and applesauce and stir into the flour mixture just until moistened.

Pour batter from pitcher or large spoon onto hot (350 degree) griddle.

When pancakes are puffed and full of bubbles, turn and brown other side.

For the Fruit Topping, in a blender or food processor, process 1 cup of fruit and the apple juice concentrate until smooth.

Cut remaining cup of fruit into small pieces.

Pour the sauce over the cut fruit.

Spoon over pancakes (or waffles).

### ***Baked Mushroom Omelette***

Mix it all together and bake!

- 2 eggs (or 4 eggwhites)
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 250 g low-fat ricotta cheese
- 1 tomato, chopped
- 1 small onion, peeled and chopped
- 6 mushrooms, sliced

Mix together eggs, cheese, basil & oregano.  
Add tomato, onion and mushrooms.  
Spoon mixture into buttered baking dish.  
Bake at 180 degrees celcius for 25 minutes.



## ***Breakfast Banana Split***

2 bananas  
1/2 cup vanilla yogurt  
1/4 cup raspberry jam (or strawberry)  
nuts  
chocolate syrup

Select smaller, ripe bananas. Cut off one inch, and then slice the banana in half and place on a salad plate curving away from one another and outward. Slice the small piece and place on either side of the curved pieces.

Spoon whipped yogurt across the top of bananas. Dribble slightly diluted jam on top of yogurt. Sprinkle nuts on top, if desired. Offer chocolate or fudge sauce. Enjoy!

## ***Marvelous Melon***

1 ripe melon (such as Casaba, Cantaloupe, or Honeydew)  
1/2 inch fresh gingerroot  
fresh mint and fresh edible flowers, such as pansy to garnish

Slice melon into serving wedges and scoop out seeds.

Cut along the rind to free the flesh, then cut across and lengthwise into attractive bite-sized pieces.

Peel 1/2 inch or so of the ginger root and grate onto melon wedges.

Garnish, and serve.

## ***Yeast Pancakes in Cardamom Suryp***

### Syrup

200 g caster sugar  
300 ml water  
5 cardamom pods, seeds of, ground  
3 slices lemon zest  
1 lemon, juice of  
pancakes  
310 ml warm water  
1 teaspoon sugar  
7 g sachet dried yeast  
250 ml milk, warmed  
225 g flour  
100 g semolina  
butter, for cooking

To make the syrup:.

Combine all ingredients except lemon juice in saucepan.  
Bring slowly to boil stirring as necessary to dissolve sugar.  
Simmer until mixture thickens to a heavy syrup.  
Remove from heat and stir in lemon juice.  
Allow to cool.

To make pancakes:.

Put 60ml water in large bowl and add sugar and yeast.  
Leave until mixture is frothy (10 minutes).  
Add rest of the water and milk and then slowly stir in flour and semolina.  
Beat well until batter is smooth.  
Leave batter to rise 1 hour.  
Heat butter in heavy pan and ladle in batter to form small rounds.  
Cook until hole appear on top (5 minutes), turn over and cook until lightly golden brown.  
Dip each pancake in syrup.  
Serve and enjoy!

## Granola Sizzle

- 1 1/2 cups organic rolled oats
- 1/2 cup organic rolled barley
- 1/2 cup organic walnut pieces
- 1/2 cup organic pumpkin seeds
- 2 tablespoons organic sunflower seeds
- 1 tablespoon organic sesame seeds
- 1/2 cup organic chopped dried cherries
- 1/4 cup organic dried blueberries
- 2 tablespoons organic butter
- 1 teaspoon cinnamon
- 2 tablespoons organic maple syrup
- 2 cups organic vanilla yogurt

In a large preheated skillet on medium heat add the ingredients sequentially to the pan. Toast large items first, and work towards the smaller. This keeps things from burning. Keep the pan pretty hot, and always moving. It can be done quickly, or slowly. It's safer to stir than to pan flip. The point is to toast evenly, quickly, and to get some real heat into the mass without burning for the presentation --

Add to hot pan:

- 1.5 cups organic rolled oats.
  - .5 cups organic rolled barley.
  - 1 tablespoon butter (quickly stir in to avoid burning).
- Toast for approximately 5 minutes. STIR STIR STIR.

When it starts to get fragrant add:

- .5 cups organic walnut pieces.
- .5 cups organic pumpkin seeds.
- 1 tablespoon butter.
- 1 teaspoon Cinnamin. (Get your bowls of yogurt ready now. Place 1/4 Cup Yogurt to one side of each bowl.). Toast another few minutes. STIR STIR STIR. When the Pumpkin Seeds start popping and puffing up, add:
- 2 tablespoons sunflower seed.
- 1 tablesppon sesame seeds.

STIR STIR STIR. Toast for just a minute or two more, depending upon how hot your pan is. Then Add: .5 cups organic chopped dried cherries. .25 cups organic dried blueberries. Toss fruits in quickly. Serve

1/3 cup granola.

into each waiting bowl of yogurt.

**IMPORTANT** Keep the yogurt and granola on opposite sides of the bowl to keep the hot cold contrast.

Swirl some maple syrup over the top of the bowls like it was pancakes. You will get a "Fajita Sizzle" as the syrup sinks inches It lasts a good few minutes, or until your swirl it all together! Serve Hot!

## ***Macadamia Nut Granola***

750 g rolled oats  
1 1/2 cups brown sugar (or less or Splenda)  
1 1/2 cups wheat germ  
250 g flaked coconut  
250 g macadamia nuts, roughly chopped  
1/4 cup canola oil  
3/4 cup honey  
2 teaspoons vanilla extract

Mix together all dry ingredients.

Mix oil, honey, vanilla extract in a small saucepan.

Heat and bring to boil, then remove from heat.

Stir into dry ingredients until well combined.

Preheat oven to 170 degrees celcius.

Spread mixture onto to two baking trays lined with baking paper.

Bake 15 minutes stirring every so often.

Remove from oven and allow to cool.

Store in airtight container.

## ***Fried Polenta Cakes***

- 1 quart water
- 1 tablespoon kosher salt
- 1/2-1 tablespoon fresh ground pepper
- 1 cup coarse-ground polenta
- 2 tablespoons butter
- 2 ounces parmesan cheese
- 2 tablespoons olive oil

1. preheat oven to 350°F.
2. In a 1 to 1 1/2 quart oven-safe container, stir together water, salt, pepper, and polenta
3. Add Butter to the mixture, cut up in chunks.
4. Place container, uncovered, in center rack of oven and bake 40 minutes.
5. Open oven, pull out rack, add parmesan, and any other ingredients like sun-dried tomatoes, olives, lemon zest, herbs, shallots, cilantro etc. and let bake another 10 minutes.
6. Pull out of oven and let rest in refrigerator 20 minutes to over-night.
7. In frying pan on medium-high heat oil.
8. Spoon about half a cup of polenta into the pan at a time, fry until golden brown on each side.
9. Let cakes rest about 3-5 minutes and

## **Banana Split Pancakes**

- 1 cup all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons oil
- 2 ripe bananas, mashed

Mix together well the flour, sugar, baking powder and salt. Set aside.

Mix together egg, milk, oil and bananas.

Mix the flour mixture into the egg mixture and blend well .

Cook the pancakes on medium high setting until both sides are golden brown.

After the pancakes are cooked, put ice cream on top of pancake, then add chocolate syrup, bananas and whipped cream. Add nuts and yum yum! One is enough though.

Toppings:.

Ice cream.

Chocolate syrup.

Bananas.

Whipped cream.

Nuts.

## ***Easy Pancakes***

2 cups milk  
1/4 cup vegetable oil  
2 cups self rising flour  
2 large eggs  
1 teaspoon vanilla extract  
1/4 cup sugar

Mix all ingredients well until you have a smooth texture.

Pour about 3/4 cups of mixture on to the cooking surface of skillet, griddle, etc -- , on medium heat.

Cook on the first side until batter starts to bubble on the top and flip.

Continue to flip until surface of pancake is a medium dark golden brown.



## ***X-Mas Tree Toast***

- 1 egg
- 2 drops green food coloring
- 1 tablespoon milk
- 4 slices white bread
- 4 ounces red raspberry flavored syrup
- powdered sugar
- candy sprinkles

Using cookie cutter, cut trees from bread. Should get two trees from each slice.

Beat egg, milk, and coloring.

Heat fry pan over medium-high heat adding enough light oil to coat pan.

Dip bread in egg mixture.

Fry until golden brown on each side.

Dress plate with sauce. Place trees and dust with powdered sugar followed by sprinkles.

Eat and enjoy!

## ***Swedish Pancakes***

### Batter

- 1-2 egg
- 2 cups milk
- 2 tablespoons butter, melted
- 1 cup flour, sifted
- 1/4 teaspoon salt
- 1/4 teaspoon sugar

### Lemon Filling

- 1/2 cup lemon juice
- 2-3 tablespoons butter, melted
- 1-1 1/2 cup powdered sugar

Combine eggs, milk and butter, beating well.

Sift flour, salt, and sugar together.

Beat well.

Cook as a pancake.

Batter will be crepe thin.

Spread with filling; roll and sprinkle with powdered sugar.

## ***Bacon 'n' Cheese Strata***

- 8 slices firm white bread
- 2 scallions, chopped (including some of the green)
- 8 slices precooked bacon, chopped
- 1 cup shredded sharp cheddar cheese
- 1 (14 ounce) can diced tomatoes, drained, patted dry
- 1 1/2 cups milk
- 1/8 teaspoon black pepper
- 1/8 teaspoon hot pepper sauce

Coat shallow 2-quart baking dish with cooking spray. Arrange half the bread in single layer in dish, cutting to fit. Cover with half the scallions, bacon, cheese and tomatoes. Repeat for a second layer.

Combine eggs, milk, pepper and hot-pepper sauce. Pour over casserole; cover. Can be made ahead and refrigerated for up to 2 hours.

Heat oven to 375°. Bake, uncovered, at 375° for 45 minutes or until lightly browned. If browning too quickly, cover loosely with foil.

## ***Banana Stuffed French Toast***

- 2 tablespoons light cream cheese, at room temp (neufchatel)
- 4 slices cinnamon-raisin bread (3/8-inch-thick)
- 1 ripe medium banana, sliced
- 1/4 cup low-fat milk
- 1 large egg
- 1/4 teaspoon vanilla extract
- 1 teaspoon unsalted butter
- 2 tablespoons maple syrup, warmed
- 6 fresh strawberries, sliced

Spread the cream cheese on all 4 slices of bread.

Place the banana slices over 2 slices of the bread and top each with the remaining bread.

Combine the milk, egg, and vanilla in a small shallow bowl; beat lightly with a fork.

Melt the butter in a large nonstick skillet over med heat.

Briefly dip the sandwiches, one at a time, into the egg mixture.

Place both sandwiches in the skillet. Cook until golden brown, 3-4 min on each side.

Place each piece on a plate; top each piece with 1 tbsp of the maple syrup and 3 tbsp of the sliced strawberries.

(1 piece stuffed french toast with toppings).

## ***Special Pancakes***

- 4 eggs, separated
- 1 cup small curd cottage cheese
- 1 cup sour cream
- 3/4 cup sifted all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt (optional)
- 2 tablespoons sugar

Beat egg whites until stiff, set aside.  
Beat egg yolks until thick and creamy.  
Add to cottage cheese and dairy sour cream.  
Blend thoroughly.  
Resift flour with dry ingredients.  
Add to cottage cheese mixture.  
Gently fold in beaten egg whites.  
Heat lightly buttered griddle or frying pan.  
Drop batter by spoonfuls and cook until bubbly.  
Turn and brown the other side.

***Perfect Microwaved Scrambled Eggs and Cheese for One.***

- 2 large eggs
- 2 tablespoons milk
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1 scallion, thinly sliced (green onion)
- 2 tablespoons cheddar cheese, grated
- 1 cherry tomato, quartered (optional)
- salt and pepper

In a large (10oz) microwave-safe custard cup or ramekin, combine eggs, milk, cayenne pepper, and salt. Stir in scallion.

Microwave (uncovered) on high for 45 seconds; stir with a fork. Continue cooking until eggs are almost set, about 45 seconds more. Remove from microwave.

With a clean fork, stir in cheese; cover with a paper towel. Let stand until cheese has melted and eggs are set, about 1 minute. Top with tomato and season with salt and pepper to taste.

### ***Brecken's Peanut Butter Roll Ups***

12 slices white bread  
1/4 cup peanut butter  
1/4 cup sugar  
2 tablespoons ground cinnamon  
2 tablespoons butter (melted)

Cut crust from bread.

Roll to 1/8 in thickness.

Spread some peanut butter on each slice.

Combine sugar and cinnamon and sprinkle evenly over each slice.

Roll up each slice jellyroll style.

Place seam side down in a lightly greased pan.

Brush melted butter over rolls.

Bake at 350 for 7min on each side.

## ***Cheese Danish***

Easily made with refrigerated crescent rolls.

- 1 (8 ounce) package cream cheese, softened
- 1 tablespoon lemon juice
- 1 tablespoon flour
- 1/2 cup sugar
- 1 egg
- 1 (8 ounce) package refrigerated crescent dinner rolls

Mix the cream cheese, lemon juice, flour, sugar and egg together until creamy.

Unwrap rolls and form into a rectangle.

Spoon the filling down the center of the dough, fold the sides over leaving an open space with the filling showing, and pinch the ends up.

Bake according to package directions.



### ***Watermelon Breakfast a Go-Go***

- 1/3 cup low-fat granola
- 1 cup watermelons, chunks seeded
- 1 (6 ounce) container of light banana yogurt
- 1 slice bananas
- 1 teaspoon sliced almonds

1. In a large glass, place half of the granola. Top with half of the watermelon and half of the yogurt.
2. Repeat layers.
3. Garnish with reserved watermelon, banana slice, and almond slices.

## ***Breakfast Sausage***

- 1 lb ground turkey
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1 teaspoon ground sage
- 1 small onion, diced
- 1/4 cup dry breadcrumbs
- 1 tablespoon oil

Mix together the first seven ingredients in a bowl.  
Cover and chill overnight.  
Form into patties and fry slowly in the oil until brown on each side.

## ***Homemade Grapenuts***

- .  
2 cups sour cream
- 2 teaspoons baking soda
- 1 1/2 cups sugar
- 3 1/2 cups wheat flour
- 1 teaspoon salt
- 1 tablespoon maple flavoring

Mix all together and put in a greased 13x9-inch cake pan.

Bake at 325 degrees until done.

Crumble cake with hands while warm and then cool.

Run through food grinder or coarse sieve.

Spread on trays and heat in 350 degree oven for 15 to 20 minutes until crisp.

Cool.

Store in airtight container.

## ***Coconut Cream Oatmeal***

- 2 tablespoons flaked coconut
- 1/4 teaspoon morton lite salt (optional)
- 4 cups water
- 2 cups quick-cooking oats
- 1/2 cup fat-free sweetened condensed milk
- 1 teaspoon coconut extract

Toast coconut in a pan on top of the stove for a few seconds.  
Bring water and salt to a boil and add oats, cooking for 1 minute.  
Remove from heat and stir in sweetened condensed skim milk, extract and coconut stir until well blended.  
Cover and let stand 2 to 3 minutes.  
Oatmeal will thicken as it sits.

### ***Cran-Apple Oatmeal***

2 1/2 cups apple cider  
1 1/2 cups quick-cooking oats  
1/3 cup dried sweetened cranberries

In a medium-size pan bring apple cider to a boil.  
Add the oats and dried cranberries.  
Let cook for one minute and turn off heat.  
Cover and let sit for 3 minutes.

## ***Peaches & Cream Oatmeal***

Sweet and creamy oatmeal

4 cups water

1 dash morton lite salt (optional)

1/2 cup dried peaches, finely chopped

2 cups quick-cooking oats

1/2 cup fat-free sweetened condensed milk

1 teaspoon vanilla

Bring water and salt to a boil, reduce heat to low and stir in peaches and oats.

Let cook one minute then turn off heat.

Stir in sweetened condensed milk and vanilla, cover and let sit for 3 minutes.

## ***Banana Cream Oatmeal***

- 4 cups water
- 2 cups quick-cooking oats
- 2 medium bananas, sliced thinly
- 1/2 cup eagle brand fat-free sweetened condensed milk

Bring water to boil.

Reduce heat to medium and add quick oats and cook for 1 minute, stirring occasionally.

Remove from heat.

Add banana slices and sweetened condensed skim milk.

Cover and let sit for 2 to 3 minutes.

Oatmeal will thicken as it sits.

## ***Mexican Scramble***

4 ounces Italian sausage  
1/4 cup onions, chopped  
1/4 cup green peppers or red bell peppers, chopped  
6 eggs  
1/4 cup milk  
1 cup colby-monterey jack cheese, shredded  
14 tortilla chips  
1/4 cup salsa

Brown sausage, onion and bell pepper; drain.

In small bowl, combine eggs and milk; beat well.

Add to sausage mixture; cook over medium heat, stirring occasionally until eggs begin to set.

Add cheese; mix lightly.

Continue cooking until cheese is melted and eggs are set.

Remove from heat; stand tortilla chips around edge of skillet.

Spoon salsa over egg mixture.

Serve immediately with additional salsa and chips.



## ***Apple Cake***

4 cups apples, peeled and sliced  
2 cups sugar  
2 cups flour  
1/2 cup oil  
2 eggs  
2 tablespoons vanilla  
2 tablespoons cinnamon  
1 tablespoon salt  
1/2 teaspoon baking soda

In a large bowl, combine dry ingredients.

Beat eggs.

Mix together eggs, oil, and vanilla.

Add egg mixture to the dry ingredients.

Stir in apples. (The amount of apples makes this a very dense batter.).

Pour batter into a 9x13 greased baking pan.

Bake at 350 for 1 hour, and check for doneness.

It may take up to 1-1/2 hrs to bake.

## ***Chilly Willy Sandwich***

- 2 waffles, squares
- 1/4 cup yogurt, your favorite
- 1/4 cup fresh fruit, chopped (complementary to the yogurt)

Spread 1/4 cup of your favorite yogurt on a waffle.  
Add 1/4 cup fresh fruit.  
Top with the other waffle to make a sandwich.  
Freeze in plastic wrap.

## ***Breakfast Oatmeal***

2/3 cup uncooked rolled oats  
2 cups water  
1 whole ripe banana  
1 whole ripe peaches  
1/4 cup raisins  
2 tablespoons freshly ground flax seeds  
rice milk  
cinnamon

Put the water and rolled oats in a pot and set on High.  
Bring to a boil, then stir, turn the heat to the lowest setting, and cook until thickened.  
Meanwhile, dice up the banana and peach.  
Put the banana, peach, and raisins in the pot and stir.  
Add cinnamon and flaxseed to taste.  
Splash of rice milk to taste.

## ***Vegetable Frittata***

- 1 cup zucchini, sliced and halved
- 1 cup mushrooms
- 3/4 cup green bell peppers, chopped
- 3/4 cup onions, chopped
- 1 garlic clove, minced
- 3 tablespoons olive oil
- 6 eggs
- 1/4 cup cream (I use half and half)
- 1 lb cream cheese
- 2 cups cubed white bread, crusts removed
- 1 1/2 cups grated sharp cheddar cheese
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Saute zucchini, mushrooms, bell pepper, onion, and garlic in oil until soft. Cool.

Preheat oven to 350°.

Beat eggs and cream together in a large bowl. Add cream cheese in small bits. Add bread, cheddar, and cooled vegetables. Add salt and pepper.

Pour mixture into a well buttered 10 inch springform pan.

Bake 55 minutes. Let stand 10-15 minutes before serving.

## ***Huevos Rancheros***

- 6 eggs
- 6 corn tortillas
- 6 slices bacon, cooked
- 1 cup shredded cheese (preferably Monterey or Cheddar)
- 1 (7 ounce) can ranchera sauce, warmed (I prefer Herdez brand)
- vegetable oil

I recommend using a 10 inch non-stick frying pan.

Pour enough vegetable oil into the pan to fully cover bottom of pan. Heat on medium-high until oil hot.

One at a time, put in a tortilla and lightly brown. About a minute per side.

After removing, place on a paper towel to drain. Depending on how many you're making, you may want to have oven on 200 & place in there to keep warm.

Add oil as needed to keep bottom of pan covered.

After tortillas are all fried, turn down the heat to medium and allow to cool slightly.

Add the eggs to the oil. I usually fry 3 at once in this size pan. If you want runny yolks, fry until whites brown around the edges and remove. If you want firm yolks, when the whites brown around the edges, gently turn over using a slotted spatula or spoon.

Assembly: On plate(in this order), place one tortilla, bacon (cut each slice in half & arrange in an "X" formation), egg, cheese and Ranchero.

If you want to make a little spicier serving, after frying the tortillas you can dip each in ranchero sauce before assembly.

***Orange Tofu Toast***

1/2 cup orange juice  
1 teaspoon cinnamon  
3/4 teaspoon brown sugar  
1/4 lb tofu, sliced into stripes  
2 slices bread

Heat orange juice, cinnamon, and sugar until bubbly.  
Add tofu and cook 3 minutes.  
While tofu cooking toast bread.  
Lay stripes of tofu on toast and drizzle with the juice.

## ***Blueberry Muffin Cake***

- 1 (18 1/4 ounce) package yellow cake mix
- 1 (3 1/2 ounce) package vanilla instant pudding mix
- 1 cup low-fat vanilla yogurt
- 1/2 cup vegetable oil
- 1/4 cup water
- 1 teaspoon ground cinnamon
- 4 large eggs
- 1 cup fresh blueberries, rinsed and drained
- 2 teaspoons confectioners' sugar

Preheat oven to 350. Lightly grease a 10 inch tube pan with solid vegetable shortening, then dust with flour. Shake out excess flour.

Measure out 2 T. of cake mix and reserve it. Place remaining cake mix, pudding mix, yogurt, oil, water, cinnamon, and eggs in large mixing bowl. Blend with mixer on low speed for 1 minute.

Stop machine and scrape down sides of bowl. Increase mixer speed to medium and beat 2 minutes more, scraping down sides again, if needed. Batter should look thick and well blended.

Toss the blueberries with reserved cake mix.

Pour two-thirds of batter into prepared pan. Scatter blueberries over batter. Spread remaining batter over the blueberries so that it covers the fruit. Place pan in oven.

Bake cake until it is golden brown and starts to pull away from sides of pan, 45-50 minutes.

Remove pan from oven and place pan on wire rack to cool for 20 minutes. Run a long, sharp knife around edge of cake and invert it onto a rack to cool completely, 30 minutes.

Place cake on platter. Dust with confectioners' sugar and serve.

## ***Green Chile Souffle***

- 1/2 cup flour
- 1 teaspoon baking powder
- 10 eggs, beaten lightly
- 1/2 cup butter, melted
- 4 cups grated monterey jack cheese
- 2 cups small curd cottage cheese
- 1 (4 ounce) can diced green chilies
- 1 (8 ounce) can canned corn niblets, drained
- 1 dash salt & pepper, to taste

Heat oven to 400. Butter or Pam a 9x14 glass baking pan. Put flour mixture into large mixing bowl. Pour in eggs and butter. Mix thoroughly. Mix in rest of ingredients and pour into glass pan. Bake for 30 min., or until top is browned.



## ***Banana Smoothie***

- 1 cup light vanilla soy milk
- 1 tablespoon Splenda sugar substitute
- 1 banana
- 1 cup ice

1. Add the soy milk, banana and splenda
2. Add the ice.
3. Blend together and enjoy.

## ***Shrimp and Spinach Omelet***

- . 1 teaspoon olive oil
- 1 tablespoon garlic (minced)
- 2 large eggs
- 2 teaspoons skim milk
- 1/8 teaspoon thyme (dried)
- salt and black pepper
- 1/2 ounce feta cheese
- 1 ounce shrimp (pre-cooked or canned)
- 1/2 ounce spinach (baby leaves, no stems, finely chopped or chiffonade)

Using a non-stick, 9" skillet or omelet pan, heat the oil over medium-low heat and add the minced garlic.

In a bowl, whisk together the eggs, skim milk, and thyme. Season the eggs with a pinch of salt and a few grinds of fresh, black pepper.

When the garlic is just barely browning on the edges, pour the egg mixture into the skillet and, tilting it slightly or stirring, slosh it around so it covers all the garlic and the bottom of the pan. Keep an eye on the omelet as the eggs stiffen. When the bottom of the eggs are fairly solid but there is still a good amount of liquid eggs on top, sprinkle the feta cheese over the eggs.

Continue cooking for about 2-3 more minutes and , then, make a thin line of shrimp about one-third of the way across the eggs. On top of that, sprinkle the finely chopped spinach in a row (reserving a pinch for garnish).

With a slender spatula (or turner), loosen the edges of the eggs from the skillet. Then, slide the spatula under the third of the omelet that has the shrimp and spinach on it. Fold the eggs over the ingredients towards the center of the omelet and hold, there, for just a few moments.

Over the serving plate, slide the omelet out -unfolded side first- and roll the already folded section over the flatter portion. You may have to do this several times on subsequent attempts to get the hang of it.

Sprinkle the top of the omelet with the reserved spinach and serve.

## ***Peanuty Apple Toast***

- 2 slices whole-wheat bread, toasted (or your favourite bread)
- 1-2 tablespoon peanut butter (natural works well)
- 1/4-1/2 medium apple, sliced 1/4-1/2-inch thick (the amount depends on the size of your bread)
- 1 dash cinnamon

Slice a whole apple into slices; you can either core the apple with a corer first or cut out the core when you get to it; peel if you feel necessary.

Put your bread into the toaster.

Once toasted spread peanut butter on the bread, add the apple to form one layer, and then sprinkle the apple with cinnamon.

Place the other slice on top and enjoy immediately!

## ***Thin Pancakes (Palacsinta)***

3 eggs, separated  
1 cup milk  
1 tablespoon butter, melted  
1 teaspoon sugar  
1/2 teaspoon salt  
1/2 cup flour

Beat eggs separately.

Add all of the remaining ingredients to the egg yolks.

Beat until smooth (I used a wisk).

Fold in beaten egg whites.

Spoon about 3 Tablespoons of batter onto hot greased skillet (I use a 6 inch non stick skillet and spray cooking spray before each new pancake).

Tilt the skillet back and forth to spread the batter to the edges of the skillet.

Brown lightly on both sides, turning with a spatula.

Serve with jam or cottage chees, roll, and serve hot.

## Egg Bagels

- 2 cups warm potato water
- 2 tablespoons active dry yeast (or 2 packages)
- 1 1/2 tablespoons sugar
- 1 1/2 tablespoons salt
- 6 1/2-7 cups all-purpose flour
- 1/4 cup oil (corn works well)
- 4 large eggs
- Garnish
  - sesame seeds, poppy seeds, corn meal (or a mix)
- Glaze
  - 1 egg, well beaten

In a large ceramic, glass or plastic bowl, combine the yeast, sugar, salt and 2 cups of the flour and mix well. If altering the recipe, add the spices, plumped fruit, or nuts here. Add the potato water and oil, beat for 2 minutes. Add 1 cup of the flour and the eggs, and beat again. Add the rest of the flour, 1/2 cup at a time, until a soft dough that clears the sides of the bowl is formed.

Turn dough onto a lightly floured work surface and knead until smooth and springy, about 5 minutes, dusting with flour only 1 tbsp at a time as needed to prevent sticking.

Place the dough in a greased deep container (preferably not metal), turning once to coat the top, and cover with plastic wrap. Let rise at room temperature until doubled in bulk, 1 to 1 1/2 hours. Bring a large pot (or 2) of water to boil. Add 2 tbsp sugar or salt to the water to alter the flavour of the crust.

Preheat the oven to 425°F.

To form bagels: Gently deflate the dough by turning it out onto a lightly floured work surface. Divide it into quarters, and each quartered into 6 equal portions. Shape each bit of dough into a smooth ball, tucking the excess dough underneath. Flatten each ball with your palm. Poke a floured finger through the middle of the ball, then spin the dough on your finger to widen the hole. It will look quite stretched, but will shrink back slightly when you put it down.

With a slotted spatula, lower 5-6 bagels at a time into the gently boiling water. Leave boil for 3 minutes on one side, flip and boil for 2 minutes on the other. Remove the bagels with the spatula and leave to cool on a clean dish towel-lined cookie sheet. I find it works best/quicker to form 5-6 bagels at a time while the previous 5-6 bagels boil. This avoids having the dough over-rise and ending up with small, dense, chewy bagels.

Brush with the now cool bagels with glaze (if desired).

Dredge one or both side of the now cool bagels into the garnish of your choice (to prevent sticking) and place on a greased cookie sheet.

Bake for 25-30 minutes, or until golden. Transfer to a cooling rack.

nota: preparation time does not include rising time.

## ***Maple Sausage Waffles With Cinnamon Apples***

- 2 cups pancake mix
- 1 1/3 cups milk
- 1 egg, lightly beaten
- 2 tablespoons oil
- 16 ounces maple flavor pork sausage, cooked, crumbled and drained
- 1 (20 ounce) can apple pie filling

In large mixing bowl, combine pancake mix, milk, egg, oil and sausage, stirring until well blended. For each waffle, use half a cup batter in a preheated waffle iron according to manufacturers directions until golden brown, about five minutes. Serve topped with pie filling and extra maple syrup.

### ***Scrambled Eggs With Lobster***

3/4 cup cooked lobster meat, diced  
3 tablespoons butter, melted  
paprika, dash  
1 1/2 teaspoons curry powder  
1/4 teaspoon salt  
7 eggs  
1/3 cup heavy cream

Beat the eggs with the cream and set aside.

Saute lobster in melted butter until heated.

Stir constantly but do not let it boil.

Season with paprika, curry and salt.

Pour the egg mixture over the lobster, stirring thoroughly and cook gently over low heat until eggs begin to set.

Take off heat and serve.

## ***Peanut Orange Bread***

2 1/4 cups sifted all-purpose flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
1/3 cup sugar  
1/2 cup peanut butter  
1 egg, well beaten  
1 cup milk  
1 1/2 teaspoons grated orange rind  
1/4 cup chopped peanuts

Sift the dry ingredients together in a bowl and cut in peanut butter.

Mix the egg, milk, and orange rind into the mixture.

Fold in the peanuts and pour into a well greased 9 x 5 x3 inch loaf pan.

Bake at 350 degrees for 35-40 minutes.

Remove from pan and cool.



## ***German Pancake***

1/2 cup milk  
1/2 cup flour  
4 eggs  
1 tablespoon butter or margarine  
1 tablespoon vegetable oil  
lemon wedges (Traditional) or lime wedges  
powdered sugar

Preheat oven to 425.

Beat first three ingredients just enough to moisten flour.

Melt butter in ~12" oven proof non stick skillet then add oil. Tip pan to coat bottom and sides of pan.

Pour mixture in prepared pan.

Bake at 425 for 25-30 minutes until golden brown.

Cut pancake into 4 wedges and serve by sprinkling liberally with lemon (or lime) juice and powdered sugar.

## ***Croissant French Toast With Fresh Strawberry Syrup***

### French Toast

- 4 large day-old plain croissants
- 3/4 cup milk
- 2 large eggs
- 1 teaspoon vanilla
- 2 tablespoons butter
- 3 tablespoons powdered sugar

### Sweetened Whip Cream

- 1/2 cup whipping cream
- 1 1/2 tablespoons powdered sugar

### Fresh Strawberry Syrup

- 1 quart fresh strawberries
- 1/2 cup sugar
- 1/4 cup orange liqueur or orange juice
- 1 teaspoon grated orange rind

For French toast:

Slice croissants in half lengthwise.

Whisk together milk, eggs, and vanilla. Pour into a shallow dish. Dip croissant halves into egg mixture; coating well.

Melt 1 tablespoon butter in a large nonstick skillet over medium heat. Add 4 halves and cook 2 minutes on each side or until golden brown. Repeat with remaining butter and croissant halves. Sprinkle with powdered sugar; top with sweetened whip cream and fresh strawberry syrup.

For sweetened whip cream:

Beat cream at medium speed with an electric mixer until soft peaks form. Add powdered sugar, beating until stiff peaks form.

For fresh strawberry syrup:

Combine all ingredients in a saucepan and let stand 30 minutes or until sugar has dissolved. Cook over low heat, stirring occasionally, 5 minutes or until warm.

### ***Golden Onion Strata With Gruyere & Prosciutto***

- 4 cups chopped vidalia onions or other sweet onion
- 1 cup very thin slices prosciutto or ham, chopped
- 1/3 cup water
- 2 1/2 cups nonfat milk
- 1/4 teaspoon dry mustard
- 1/8 teaspoon black pepper
- 1 (8 ounce) carton egg substitute
- 8 cups cubed French bread (about 9 oz)
- 1 cup shredded gruyere or jarlsberg cheese or swiss cheese, divided

Heat a large nonstick skillet over medium high heat.

Add onion & prosciutto, and saute 5 minutes or until onion begins to brown.

Add water; cover, reduce heat and simmer 30 minutes. Uncover and simmer 30 minutes or until liquid almost evaporates. Cool.

Combine milk, mustard, pepper, and egg substitute in a large bowl and stir with a whisk until mixture is well blended.

Stir in onion mixture. Add bread, tossing gently to coat.

Arrange half of bread mixture in a single layer in an 11x7" baking dish. Sprinkle with 1/2 cup cheese and top with remaining bread mixture.

Cover strata and chill for 8 hours or overnight.

Preheat oven to 350 degrees.

Uncover strata and bake at 350 for 25 minutes. Sprinkle with 1/2 cup cheese; bake an additional 20 minutes or until set.

### ***Pumpkin (Or Applesauce) Pancake Mix for Xmas Gifts***

- 2 cups all-purpose flour
- 3 tablespoons brown sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 2 cups milk
- 1 cup pumpkin puree (or cinnamon or caramel applesauce)
- 2 eggs
- 2 tablespoons vegetable oil
- 2 tablespoons apple cider vinegar

In a large bowl, mix milk, pumpkin, egg, oil and vinegar in 1 bowl. In another bowl, combine flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt. Stir into the pumpkin mixture just enough to combine. Let sit 5 minutes before cooking. Heat a lightly oiled griddle or frying pan over med-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve with butter and hot maple syrup.

## ***Biscuits & Gravy & Eggs Extraordinaire***

- 2 cups flour (all-purpose or soft flour, sifted)
- 4 teaspoons baking powder
- 1/4 teaspoon baking soda
- 3/4 teaspoon salt
- 2 tablespoons butter, very cold
- 1 tablespoon butter flavor shortening, very cold
- 1 tablespoon lard, very cold (YES, lard! or shortening, if you're chicken)
- 1 cup buttermilk (chilled in freezer 15-20 minutes)
- 2 tablespoons butter (salted, melted)

### **GRAVY**

- 8 ounces pork sausage (Jimmy Dean regular bulk, not links)
- 10 ounces bacon (Oscar Meyer center cut)
- 2 cups cream (or half-and-half...at LEAST WHOLE milk)
- 2 cups whole milk (can use 4 cups total, including the 2 cups from above, of half-and-half, if you wish)
- 3 tablespoons butter
- 3-5 tablespoons flour
- salt & pepper

### **EGGS**

- 6 eggs
- 2 tablespoons heavy cream
- 1 1/2 tablespoons unsalted butter
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

To save time, make gravy the night before, and let flavors meld. That way, all you have to do in the morning are the biscuits and eggs 8-).

### **GRAVY:.**

On MEDIUM (not high) heat, crumble and sauté sausage – remove to plate.

On MEDIUM heat, gently brown bacon – remove to plate & crumble.

In same pan, keep about 3 Tablespoons of the rendered drippings from sausage & bacon. Add butter to melt.

Make roux by adding 3 Tablespoons of flour to start with, add 1-2 Tablespoons more if you feel you need it. Slowly, whisk in cream then milk. Gently bring to a simmer for several minutes to thicken. Season gravy with a little salt and plenty of pepper, to taste. (Can put in fridge for morning now).

### **BISCUITS:.**

Preheat oven to 450°.

In a large, chilled mixing bowl, sift together the flour, baking powder, baking soda and salt. Using two knives in a scissor-like fashion (or a pastry cutter), cut in the fats into the dry ingredients.

Make a well in the center and pour in the chilled buttermilk. Stir just until the dough comes together. The dough will be very sticky.

Turn dough onto floured surface, dust top with flour and gently fold dough over on itself 5 or 6 times. Press into a 1-inch thick round. Cut out biscuits with a 2-inch cutter, (I use a ½ cup measuring cup) being sure to push straight down through the dough (do not twist on the way down!).

Immediately place biscuits on a clay baking sheet, sprayed with Pam, so that they just touch, "shoulder-to-shoulder"- they'll rise better, and not get too brown. You don't want to give them a chance to rise, until they hit the oven. Gently reform scrap dough, working it as little as possible and continue cutting.

Bake until biscuits are tall and light gold on top, 15 to 20 minutes. Brush tops with melted butter. Makes about 8-9 biscuits.

### SCRAMBLED EGGS:.

Crack the eggs into a bowl. Add the cream and whisk until the eggs look foamy and light. Heat a 10-inch non-stick skillet over medium heat. Melt the butter until it foams, and then turn the heat down to low and slowly pour in the eggs.

Using a heat resistant rubber spatula, slowly stir the eggs from the outside of the pan to the center. Once the eggs begin to set, stirring slowly will create large, cloud-like curds. Season with salt & pepper.

### SERVE:.

Split a biscuit. Dot with butter. Either place scrambled eggs, then gravy, or - as I do, gravy first, and fluffy eggs on top.

## **2 Points - Chocolate Mini Doughnuts**

1 1/2 cups all-purpose flour  
1/3 cup unsweetened dutch process cocoa (such as droste)  
1 teaspoon baking powder  
1/2 teaspoon salt  
2/3 cup sugar  
1/2 cup espresso or strong coffee, cooled  
2 large eggs  
2 tablespoons canola oil  
1 teaspoon vanilla extract  
GLAZE  
1/2 cup confectioners' sugar  
1-2 tablespoon water

Preheat oven to 325 degrees. Spray 24 mini-donut cups with nonstick spray.

Whisk together the flour, cocoa, baking powder, and salt in a small bowl.

Whisk together the sugar, coffee, eggs, oil, and vanilla in a large bowl, beating until smooth.

Gently fold in the flour mixture, a little at a time, and stir just until smooth.

Place about 2 tsp of the batter into each donut cup, filling them halfway.

Bake until firm, about 8 minutes.

Transfer to a rack to cool 1 minute, then carefully remove the doughnuts and let cool completely on the rack.

To make the glaze, stir the confectioner's sugar and 1 tbsp of the water in a small bowl until smooth, adding a little more water if needed (the glaze should be thin).

Brush a thin layer of the glaze on top of each cooled donut, let stand 10 minutes to set.

## ***Bama's Quick Pancakes***

- 1 1/2 cups self rising flour
- 1 tablespoon sugar
- 3 tablespoons vegetable oil
- 1 large egg
- 1 cup milk

Place flour, sugar, oil, and egg in a bowl. Whisk in milk until smooth.

Pre-heat a non-stick skillet over medium heat. Lightly oil or grease skillet with vegetable shortening.

Test skillet by using a small amount of batter. It should gently puff up after about 30 seconds.

Discard test piece and ladle about 1/2 cup batter into skillet.

I like to think that I am actually baking on top of the stove. If the skillet is too hot, the outside will burn before the middle is done enough to turn.

Let cook until bubbly on top and under side is a golden brown. flip and cook till golden brown.

I have fun with this by making my childrens initials (thick block style letters). Also, you can drizzle a design on the hot skillet and then ladle pancake batter over this. When flipped, the drizzle design will show up. You can put the batter in a squeeze bottle to really be precise. This really delights small children and lets your 'almost grown' teen-agers know that they will always be your babies.



## ***Egg Bread***

Per (small) person

1 egg

1 slice of firm-textured bread

1 teaspoon margarine, cut in half

biscuit or cookie cutter.

Spray a non-stick skillet with Pam and heat over medium heat. Put 1 piece of margarine in skillet and heat til it sizzles.

Add cut-out bread. Put bread circle into pan to toast. Crack egg into center of bread. Decrease heat and cook on low until egg begins to set. Add other piece of margarine to pan and carefully flip egg bread over. Cook until done as desired.

## ***Indian Omelet Sandwich***

- 2 large eggs
- 1/2 small onion, minced
- 1 tablespoon milk or cream
- 1 fresh chili pepper, finely minced
- 2 tablespoons cilantro, minced
- salt
- pepper
- 4 slices bread (I use whole grain)
- 1 tablespoon butter
- sliced tomatoes
- 2 slices cheddar cheese

Beat together eggs, onion, milk, chili pepper, cilantro salt and pepper.

Using a non stick pan make an omelet as you normally would.

Butter each slice of bread.

Fill each pair of bread with sliced tomatoes, half the omelet and a slice of cheese.

Enjoy.

## Blueberry-Lemon Coffee Cake

### Cake

- 1 1/2 cups flour
  - 2 teaspoons baking powder
  - 1/4 teaspoon baking soda
  - 1/2 teaspoon salt
  - 1/2 cup sugar
  - 1/3 cup almond paste
  - 2 tablespoons chilled butter, cut into small pieces
  - 1 large egg
  - 1 tablespoon lemon juice
  - 3/4 cup nonfat milk
  - 1 1/2 cups blueberries
  - 2 teaspoons grated fresh lemon rind
  - cooking spray
- ### Topping
- 1/4 cup sugar
  - 3 tablespoons sliced almonds, chopped
  - 1 1/2 tablespoons butter, melted
  - 1/2 teaspoon ground cinnamon

Preheat oven to 350°.

### CAKE:

Combine flour, baking powder, baking soda, and salt in a small bowl, stirring with a whisk.

Place 1/2 cup sugar, almond paste, and 2 tablespoons butter in a large bowl; beat with a mixer at medium speed until well blended.

Add egg and lemon juice, beating well.

Add flour mixture and fat-free milk alternately to sugar mixture, beginning and ending with flour mixture.

Fold in blueberries and rind.

Spoon batter into a 9-inch square baking pan coated with cooking spray.

### TOPPING:.

Combine 1/4 cup sugar and remaining ingredients in a small bowl, tossing with a fork until moist.

Sprinkle topping evenly over batter.

Bake at 350° for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.

## ***Bread Pudding***

- 1 loaf bread
- 4 cups milk
- 3 eggs, beaten
- 2 tablespoons vanilla
- 2 cups sugar
- 1 cup raisins
- 3 tablespoons butter

Tear bread into tiny pieces in a large bowl.

Add the milk, eggs, vanilla, sugar, and raisins and mix well.

Let the mixture sit for a little while, so the milk is absorbed.

Grease your baking dish with all 3 tablespoons of the butter. You will have large pieces of butter in the pan, that is OK.

Pour the pudding into the greased pan and bake at 350 deg. F. for one hour or until firm and brown on the edges.

## ***Crab and Swiss Strata***

- 6 English muffins, split
- 3 tablespoons butter, softened
- 2 (6 1/2 ounce) cans crabmeat, drained, flaked, cartilage removed
- 3/4 cup swiss cheese, shredded (3 oz.)
- 3/4 cup cheddar cheese, shredded
- 2 tablespoons capers, drained
- 1/2 cup onions, finely chopped
- 1 tablespoon butter
- 1/4 cup dry sherry
- 1/2 teaspoon worcestershire sauce
- 6 eggs, beaten
- 1 cup milk
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh parsley, snipped

Spread English muffin halves with the 3 tablespoons butter.  
Line a greased 2 quart rectangular baking dish with half the muffins, buttered side up.  
In a medium bowl combine the crabmeat and cheeses and layer this mixture over the muffins in the dish; sprinkle with capers and top with remaining muffins; buttered side up.  
In a large skillet, cook onions in the 1 tablespoons butter over medium heat for 5 minutes or until tender.  
Stir in sherry and worchershire sauce.  
Bring to just boiling and remove from heat.  
In a medium bowl, combine eggs, milk, mustard, parsley, and salt and pepper to taste (dash of each).  
Stir in onion mixture.  
Carefully pour over muffin layers in baking dish and press muffins lightly with back of a large spoon to moisten tops.  
Cover and chill overnight.  
Preheat oven to 350 degrees and bake uncovered for 50 minutes or until muffins are browned and knife comes out clean when inserted in the middle.  
Let stand 10 minutes before serving.

## Blueberry Scones in a Campfire

- 1 cup all-purpose flour
- 1/4 cup shortening, at room temp
- 3 tablespoons sugar
- 2 tablespoons nonfat dry milk powder
- 2 teaspoons baking powder
- 2 teaspoons Butter Buds or Molly McButter
- 1/4 teaspoon salt
- 4 teaspoons sugar
- 1/2 teaspoon cinnamon
- 1/3 cup blueberries
- clarified butter
- flour
- 3 tablespoons cold water

Fit food processor with steel blade.

Add flour, sugar, dry milk, baking powder, butter buds and salts; Pulse three or four times to blend ingredients.

Add shortening; pulse five or six times until shortening is "cut in" to dry ingredients; mixture will resemble cornmeal consistency.

Divide mixture into two batches and store in plastic bag in fridge until your trip.

Place in small plastic bag and seal with a twist-tie: 4 tsp sugar and 1/2 tsp cinnamon.

Combine in pint plastic zipper bag: 1/3 cup dried blueberries, half the scone recipe (about 7/8 cup) and the small sealed bag with cinnamon sugar.

Carry separately: clarified butter for greasing the pan and a little flour for dusting skillet and forming scones.

Butter the inside of a pan. Sprinkle 1 tsp flour inside the pan; shake to distribute.

In a medium bowl, combine 3 TBSP water with the blueberry scone mix; stir with fork just until moistened (If it seems dry, add a few drops of cold water to the mix) Don't use too much water or stir longer than necessary; the scones will be tough).

Flour your hands and form dough into flat, round biscuits, shaped to fit snugly in a single layer in your pan. Place the scones in the prepared pan. Cover with the lid or the piece of foil (as directed above).

Cook the scones over a bed of coals, not a blazing fire Push a fairly thin bed of coals off to the side of the fire (this will cool the coals down slightly, so you won't be as likely to burn the scones).

Place the clamped-together or wrapped pan on top of the small bed of coals.

Shovel some more coals on top of the pan.

Let it cook for 15 minutes, then remove the pan from the coals. Open the pan carefully to prevent ashes from getting into the pan.

If the scones aren't done, re-seal and return the pan to the fire for a few minutes.

Cool slightly and sprinkle with cinnamon -sugar mixture before serving.

## ***Homemade Brown Rice Hot Cereal***

4 cups short-grain brown rice or long grain brown rice  
1/4 teaspoon salt (optional)

In clean, dry skillet (preferably cast iron) toast brown rice on medium heat. Lower heat if rice starts to smoke.

Toast rice for about 10 minutes, stirring constantly so that grains do not burn. Rice should turn a medium brown. Set aside to cool slightly.

In blender fitted with steel blade, or in grain mill or food processor grind browned rice to the consistency of medium coarse cornmeal (grainy but not powdered.).

The grinding process will have to be done in 3/4 cup portions to allow the rice grains to grind effectively.

To store: Place ground rice cereal in airtight container or "ziploc" bag. The cereal must be kept either refrigerated or frozen. Brown rice goes rancid quickly if stored in cupboard.

To prepare hot cereal: (1 serving/thick consistency\*).

In small saucepan with 1 cup of rapidly boiling, salted water gradually add 1/3 cup scant of prepared brown rice cereal using a fork to stir well. \*For thinner consistency cereal, either increase amount of water, or reduce amount of cereal. Continue to cook rice on high for about 30 seconds breaking up any lumps. Reduce heat until boiling subsides, cover pan tightly and simmer for 10 minutes.

Serve with your favorite toppings if desired. Season with salt if necessary. My favorite additions are toasted nuts, raisins and cardamom!

## ***Homemade Multi-Grain Hot Cereal***

- 1/2 cup millet
- 1/2 cup rye flakes
- 1/2 cup wheat flakes
- 1/2 cup oats
- 1/2 cup brown rice
- 1/2 cup amaranth
- 1/2 cup whole barley or barley groats
- 1/2 cup buckwheat groats or buckwheat flakes

NOTE: Measurements above are arbitrary. Feel free to omit any grain or substitute your favorite grain(s).

In Dutch oven on medium heat, lightly toast the hardy grains (such as brown rice, whole barley, buckwheat groats) for approximately 8-10 minutes or until fragrant.

Keep stirring grains so they don't burn.

Then add remaining grains and toast another 5 minutes, stirring constantly. Cool mixture slightly.

Process grain mixture in batches in food processor, grain mill or blender fitted with steel blade.

Grind grains to medium coarse consistency (grainy but not powdered.) Transfer ground grains to airtight container and store in refrigerator or freezer.

\*To prepare hot cereal: To 1 cup of rapidly boiling water add 1/3 cup scant of cereal. Continue boiling 30 seconds, breaking up lumps with a fork. Reduce heat, cover pan and simmer cereal for 10-12 minutes. \*For thinner consistency cereal either increase water or reduce amount of cereal. Season with salt to taste.

Add your favorite toppings such as cinnamon, flax seeds, milk, etc.



### *Spiced Melon Balls*

- 2 (12 ounce) packages frozen melon balls, thawed
- 1/4 cup firmly packed light brown sugar
- 1/4 cup cider vinegar
- 6 whole cloves
- 1 stick cinnamon

Drain the melon balls, reserving the juice.

Combine the juice, brown sugar, vinegar, cloves, and cinnamon in a saucepan.

Simmer for 5 minutes and discard the cloves and cinnamon stick.

Pour the sauce over the melon balls and chill until ready to serve.

## ***French Toast Fingers***

- 
- 1 egg
- 1 tablespoon milk
- 2 slices bread
- powdered sugar or cinnamon (for topping)

Preheat oven to 350 degrees.

Spray cookie sheet with cooking spray; cut each slice of bread into 4 strips.

Combine egg and milk; beat well.

Dip bread strips in egg mixture.

Place on cookie sheet.

Bake for 12 minutes until brown.

Sprinkle with powdered sugar or cinnamon.

## ***Peanut Butter and Jelly Pancakes***

- 1 cup crushed real chocolate chip cookies, finely crushed
- 1 1/2 cups buttermilk baking mix
- 2 eggs
- 1 cup milk
- 1/2 cup creamy peanut butter
- 1/4 cup jam or preserves, any flavor

Beat cookie crumbs, baking mix, eggs and milk in bowl until smooth.

2. Pour 2/3 cup batter on lightly greased preheated griddle, spreading to 7-inch circle. Cook on medium heat until surface is bubbly and bottom is lightly browned. Turn carefully to brown other side. Remove and keep warm. Repeat to make a total of 4 pancakes.

3. Spread 2 pancakes with peanut butter and 1 with jam. Alternately stack pancakes beginning with peanut butter-topped pancake and ending with plain pancake.

Sprinkle with powdered sugar if desired. Cut pancake stack into wedges; serve immediately with syrup, if desired.

## ***Farmer's Cheese***

1 (7 1/2 ounce) package farmer cheese, i buy about 6 at a time when i find it and store it in the freezer (It's usually near the cream cheese if the store has it)

1/2 onion, minced

1/2 teaspoon dill

1 tablespoon fresh chives (optional)

1 teaspoon vegetable oil or canola oil

1 tablespoon milk

salt and pepper

Combine above ingredients in a small bowl. Thin with milk to a chip-dip consistency. Spread on French sourdough rolls, or sliced French baguettes, etc.

## **Creamy Rice Eggs**

1 cup white rice, cooked and cooled  
5 egg whites  
2 eggs  
1/4-1/2 teaspoon kosher salt  
1/4 teaspoon black pepper, fresh ground  
1/2 tablespoon butter  
1/4 cup sweet red peppers, diced  
2 green onions, small slice  
2 tablespoons half-and-half cream  
1/4 cup ham, diced (optional)  
2-3 slices cooked bacon, crumbled (discard fat) (optional)  
1 roma tomato, seeded, drained and diced (optional)  
1/4 cup carrots, grated  
pam cooking spray

In medium saute pan, melt butter over medium heat. Saute red pepper, onion and whatever optional items you choose till soft.

Add rice, stir to warm (do not heat to hot) and remove from heat and set aside.

In large bowl, whisk eggs, half & half, and pepper until just starting to froth. **DO NOT OVERBEAT!**

Don't worry if you still see yellow streaks -- they will be incorporated later.

Bring water to boil in lower part of double boiler.

Spray upper part with Pam.

Pour in eggs in and **DO NOT STIR!**

Let cook until bubbles form around edges.

Drag spatula around edge and turn up in the middle. Let set again until bubbles form on outer edge.

Add rice mixture to eggs and gently fold.

Continue cooking until eggs are underdone just slightly for your taste.

Remove top of boiler from bottom. Allow heat of pot to finish the cooking process.

Salt as desired.

Serve hot.

## ***Christmas Doughnuts***

6 eggs  
2 cups sugar  
1/4 cup vegetable oil  
1 teaspoon lemon extract  
7 1/2 cups all-purpose flour  
6 teaspoons baking powder  
2 teaspoons salt  
1 teaspoon ground nutmeg  
1 cup milk  
1 gallon peanut oil  
2 cups confectioners' sugar

In a mixing bowl, beat the eggs, sugar and oil.

Add the lemon extract and mix well.

Combine the flour, baking powder, salt and nutmeg; stir into egg mixture alternately with milk.

Cover and refrigerate overnight.

Divide dough in half.

Roll out one portion to 1/4-inch thickness.

Cut with a doughnut cutter or cookie cutter that is 1-1/2-inches round.

Repeat with remaining dough.

In an electric skillet or deep-fryer, heat oil to 375 degrees F.

Fry doughnuts for about 4 minutes or until golden brown, turning once with a slotted spoon.

Drain on paper towels.

Dust with confectioner's sugar.

## ***Zucchini Pancakes***

2 cups zucchini, shredded  
2 eggs  
3 tablespoons flour (more if needed)  
2 tablespoons parmesan cheese  
1 tablespoon sherry wine  
1 teaspoon chives  
1/4 teaspoon parsley  
garlic salt  
salt and pepper

Drain zucchini; put in bowl and mix in rest of ingredients.  
If mixture is too thin, add more flour.  
Fry like pancakes, over medium heat until brown.

## ***Pina Colada Sauce***

2/3 cup pineapple juice  
2 teaspoons cornstarch  
2 teaspoons sugar  
1/8 teaspoon coconut extract

In a small saucepan, combine pineapple juice, cornstarch and sugar, mixing well to dissolve cornstarch.

Cook over medium heat, stirring constantly, until mixture comes to a boil.

Boil 1 minute, stirring.

Remove from heat and stir in coconut extract.

Serve warm.



## ***Spinach, Mushroom, and Feta Frittata***

- 1 (6 ounce) bag fresh spinach, stems removed and rinsed
- 1 tablespoon butter or margarine
- 1 small red bell pepper, diced
- 4 ounces mushrooms, sliced
- 6 green onions, sliced (include some of the tender green tops)
- 1 small zucchini, unpeeled and diced
- 6 large eggs
- 2 tablespoons milk
- 3 tablespoons chopped parsley
- 1 1/2 teaspoons salt
- fresh ground pepper
- 1/2 cup crumbled feta cheese

In a large saucepan over medium heat, cook spinach in a small amount of water, covered, until wilted (about 3 minutes), tossing once with a fork.

Chop spinach and squeeze dry.

Melt the butter in a nonstick ovenproof medium size skillet over medium heat.

Add in the bell pepper, mushrooms, and green onions; stir/saute for 3 minutes.

Add in the zucchini; stir/saute for 3 minutes or until the vegetables are tender.

Stir in the spinach.

In a mixing bowl, whisk the eggs, milk, parsley, salt, and pepper.

Pour over vegetables in skillet.

Sprinkle feta cheese over the top.

Put skillet in a 350° oven; bake for about 25 minutes or until eggs are set.

Let stand for 5 minutes.

Cut into wedges and serve.

## ***Cream Cheese Cinnamon Crescents***

2 (8 ounce) cans crescent roll dough  
2 (8 ounce) packages cream cheese  
1 3/4 cups sugar  
1 teaspoon vanilla  
1/2 cup butter  
1 teaspoon cinnamon

Roll out one can of crescent rolls in bottom of 9x13 pan.  
I sprayed pan with cooking spray.  
Cream together: 2 8oz. cream cheese.  
1 cup sugar.  
1 teaspoon vanilla.  
Spread this mixture over crescent rolls.  
Lay second tube of crescent rolls over mixture.  
Melt 1/2 cup butter, mix in 3/4 cup sugar,  
1 teaspoon cinnamon, and pour over top.  
Bake at 350° for 30-35 minutes.

### ***Trick and Treat Muffins***

- 1 1/4 cups self raising flour
- 1 cup whole-wheat flour
- 1 teaspoon bicarbonate of soda
- 4 tablespoons cocoa
- 1/2 cup brown sugar
- 425 g beetroots, well drained, sliced
- 3 tablespoons vegetable oil
- 1 (200 g) container low-fat yogurt, natural
- 2 egg whites
- 2 granny smith apples, peeled and grated

Mix the self raising flour, wholemeal flour, bicarbonate of soda, cocoa and sugar together in a large bowl.

Puree the beetroot with the oil, egg whites and yoghurt in a food processor or with a hand held blender.

Add the beetroot mixture and grated apple to the dry ingredients, and mix until just combined.

Spoon the mixture into a greased 12 x 1/2 cup muffin tray, and bake in a preheated oven at 180°C for 20 minutes. Stand for 5 minutes before turning out.

Lightly dust with icing sugar to serve.

## ***Poffertjes (Tiny Pancakes)***

200 g flour  
40 g butter or margarine  
350 ml milk  
8 g yeast  
2 g salt

Heat the milk until lukewarm.

Mix the salt with the flour and make a well in the middle.

Mix the yeast with a little lukewarm milk and pour this into the well, together with 2/3 of the rest of the milk.

Stir to a thick, smooth batter. Add the rest of the lukewarm milk (keep stirring!).

Cover the batter with a dampened cloth and leave in a warm place (for instance on a radiator) for 1 hour.

Grease a special poffertjes pan with butter.

Fill each of the 'wells' of the pan with some of the batter and fry on both sides until golden brown.

Serve the poffertjes hot with butter and caster sugar -- enjoy!

I enjoy them with butter, icing sugar and then a little maple syrup, that's how they serve them here in OZ. yummmmm.

## ***Fruity Nutty Sattu***

250 g wheat  
250 g barley  
250 g millet  
250 g oats (cereal)  
250 g indian chickpeas (gram)  
250 g corn  
100 g soy beans  
sugar or honey  
cold milk or water  
(For Garnishing)  
dried fruits or raisins or dates or walnuts or almonds or nuts, etc

Dry and Roast all grains separately.  
Mix together and grind them into fine flour.  
Let it cool and store in an airtight jar.  
SATTU is ready.

TO SERVE:.

Mix 2 tblsp of SATTU with 100ml cold water or milk to make a viscous liquid ( like batter).  
Add sugar or honey and mix well.  
Garnish with dry nuts to your choice.  
Serve cold in a bowl.  
You may also add pieces of fruits - apples, bananas, grapes, etc.

## **Blueberry Pancakes With Blueberry Sauce**

1 cup flour  
1 tablespoon sugar  
1 1/4 teaspoons baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
2 large eggs, lightly beaten  
1 cup sour cream  
1/2 cup milk  
1 cup blueberries  
**BLUEBERRY SYRUP**  
1/2 cup blueberries  
2 tablespoons fresh lemon juice  
1/2 cup sugar  
1/2 cup water

combine dry ingredients in bowl, beat eggs, sour cream and milk together. add to dry ingredients. beat till smooth.

heat griddle over medium heat, spray with non stick spray.

pour 1/2 cup of batter onto griddle. spread to make 6" circle.

sprinkle a few blueberries on top. when bubbly. flip and cook till browned --

Yield 4 servings.

to prepare syrup:

puree 1/2 cup blueberries in food processor .use 2 tbs fresh lemon juice. combine pureed blueberries, 1/2 cup sugar, 1/2 cup water and 1/2 cinnamon stick in medium pan. bring to full boil. reduce heat and simmer 5-8 minutes.

add 1 cup blueberries and simmer. 2-3 minutes.

adding more sugar if needed.

discard cinnamon stick -- keep warm.

pour over pancakes.

## ***Peaches 'n' Cream Casserole***

- 1 1/2 cups rolled oats
- 1 1/2 cups peaches, peeled and thinly sliced (Canned peaches packed in juice may be used.)
- 1/4 cup sugar
- 2 egg whites
- 2 teaspoons vanilla extract
- 1/4 teaspoon almond extract
- 3 cups skim milk

Preheat oven to 350 degrees.

Spray an 8-inch square baking pan with a nonstick cooking spray.

In a large bowl, combine oats, peaches, and sugar.

In another bowl, combine remaining ingredients.

Beat with a fork or wire whisk until blended.

Add to oat mixture, mixing well.

Place mixture in prepared pan.

Bake, uncovered, 50 minutes.

Serve hot.

## ***Apple Pancakes With Cinnamon Cream***

### APPLE PANCAKES

- 1 large egg
- 1 tablespoon sugar
- 1 tablespoon butter
- 1 medium apple, peeled, cored, chopped
- 1 cup evaporated milk
- 1 cup pancake mix

### CINNAMON CREAM SYRUP

- 1 cup light corn syrup
- 2 cups sugar
- 1/2 cup water
- 1 cup evaporated milk
- 2 teaspoons cinnamon

in medium saucepan, combine corn syrup, water, sugar and cinnamon. bring to a full boil over medium heat. stirring constantly.

cool 5 minutes. stir in evaporated milk -- serve warm over apple pancakes.

to prepare APPLE PANCAKES:.

place egg, sugar, butter, apple and evaporated milk in blender. cover and process at low speed till apple is chopped. add pancake mix, cover process at high speed till blended.

pour 1/4 cupful on preheated griddle -- cook till bubbles are on top and underside is browned. turn and brown on other side.



## Country Crunch Pancakes

2 cups all-purpose flour  
1/3 cup whole-wheat flour  
1/2 cup oatmeal  
1/3 cup oatmeal  
2 tablespoons sugar  
1 cup blueberries  
1/4 cup brown sugar, packed  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
2 teaspoons cinnamon  
2 1/4 cups buttermilk  
2 large eggs, slightly beaten  
2 tablespoons oil  
1/4 cup chopped almonds

in a bowl, combine flours, 1/3 cup oatmeal, sugar, baking powder, salt and 1 tsp cinnamon.  
in a separate bowl, combine buttermilk, eggs and oil. combine and stir into dry ingredients until blended.

fold in blueberries --

mix together remaining oatmeal and cinnamon. blend in almonds and brown sugar.

sprinkle about 1 tsp topping for each pancake on lightly greased griddle.

pour 1/4 cup batter over topping.

immediately sprinkle with another 1 tsp topping --

turn when bubbles form on top of pancakes. cook till second side is golden brown

## **French Toast With Orange Butter**

12 slices French bread, 1-inch thick  
6 large eggs  
4 cups milk  
1/2 teaspoon salt  
1/2 teaspoon nutmeg  
1/2 teaspoon vanilla extract  
2 tablespoons butter  
ORANGE BUTTER  
1 cup softened butter  
1/2 cup orange juice  
1/2 cup powdered sugar

\  
place bread in sprayed 13x9" baking pan --  
combine eggs, milk, salt, nutmeg and vanilla. beat well. pour mixture over bread, cover and refrigerate overnight.  
melt 1 tbs butter in electric skillet at 300\*.  
remove 6 slices of bread and cook in butter 10-12 minutes on each side or cooked through.  
repeat with remainder of bread.  
to prepare ORANGE BUTTER:.  
combine softened butter, and powdered sugar till light and fluffy -- add orange juice and beat till well blended.  
makes 2 cups of orange butter. enough for bread. will keep in refrigerator a couple of weeks. if it lasts that long.

## ***Banana Loaf***

- 3 ounces butter
- 8 ounces self raising flour
- 3 egg yolks
- 3 drops banana flavoring
- 3 ounces soft brown sugar
- 1/2 cup milk
- 3 egg whites
- 3 large bananas

Preheat oven to 350°F.  
and grease a loaf pan.

Cream the butter and sugar, add the egg yolks and beat for 3 minutes, add the milk then the flour.  
Stir well and add the mashed banana and the essence.

Beat egg white stiffly and gently fold in.

bake for 1 hour and serve cold, sliced and spread with a little butter.

## ***Miniature Quiche***

shrimp or bacon or ham or mushrooms, cut into small pieces  
1 egg, beaten  
1/2 teaspoon salt  
1 dash pepper  
1/2 cup light cream  
1 teaspoon brandy or sherry wine (omit if making with the kids)  
1 cup swiss cheese, grated

Grease small muffin tins.

Separate rolls into "petals" and press one into each muffin cup.

On dough in pans, place small pieces of cut up shrimp, crumbled crisp bacon, small pieces of boiled ham or chopped mushrooms.

Combine egg, salt, cream and brandy.

Add about 1 Tbsp liquid to each quiche, filling half way.

Top with grated Swiss cheese.

Bake at 375F for 20 minutes.

When cooled, they may be wrapped in foil and frozen.

To reheat, bake, wrapped in foil, at 375F for about 12-15 minutes.

## ***Applesauce Bread***

1/2 cup softened butter  
1 egg  
1 1/2 teaspoons baking soda  
3/4 teaspoon nutmeg  
1/2 teaspoon ground cloves  
1/2 cup raisins (optional)  
1 cup sugar  
1 1/2 cups flour  
1 teaspoon cinnamon  
1/2 teaspoon salt  
1 1/4 cups applesauce  
1/2 cup chopped nuts

Cream butter and sugar till light, beat in egg.

Stir in flour, soda, spices, and salt.

Beat in applesauce, then raisins and nuts.

Pour into greased 9 by 5 inch loaf pan.

Bake 350 for 1 hour.

Cool in pan 10 minutes, remove from pan, may sprinkle with powdered sugar.

Makes one loaf.

## ***Eggless Waffles***

- 1/3 cup rolled oats, not instant (old fashioned)
- 1/3 cup unprocessed natural bran, such as Millers
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon nutmeg
- 1 tablespoon corn syrup
- 1 tablespoon applesauce or grated apples
- 1 cup fat-free buttermilk
- 2 tablespoons Butter Buds (liquid)

Mix all the dry ingredients. Add the Buttermilk and ButterBuds. Stir a couple times. Add enough water to thin the batter to the consistency of heavy cream. Let batter rest for 5 minutes and it will absorb a lot of liquid and thicken. Thin again with water to heavy cream consistency. (This is a lot thinner than any waffle recipe seen where you fold in egg whites, etc.) Bake in Pam sprayed hot iron until steam stops. Peak! If the waffles start to pull apart bake another couple of minutes.

Tip: Fat free waffles come out crisp, but are apt to get soggy when you add syrup. You can heat the plates in the oven and drizzle hot syrup on the plate.

Then Place the waffle on top. Served good with yogurt and fruit.

## ***Bedhead French Toast***

- 1/4 cup Egg Beaters egg substitute, original
- 2 tablespoons Splenda sugar substitute
- 1/4 teaspoon cinnamon
- 1 tablespoon davinci sugar-free caramel topping
- 1 slice diet whole-wheat bread (40 cal)
- 2 tablespoons walden farms zero calorie sugar-free maple syrup

Preheat non-stick skillet to medium heat.

Mix Egg Beaters, Splenda, cinnamon & caramel syrup in shallow dish (just large enough to hold bread slice). Add bread and turn to coat.

Spray skillet with cooking spray and add coated bread to pan. Cook, turning once, until both sides are golden brown and toast is "puffy."

If insides are not done to your likeness, microwave for 30 seconds. Serve with pancake syrup.

### ***Canadian Bacon & Cheese Omelet***

- 2 eggs, whisked
- 1 tablespoon sour cream
- 1 tablespoon butter
- 2 slices Canadian bacon, diced
- 1/8 cup shredded cheddar cheese
- salt and pepper

Whisk eggs and cream together.

Melt butter in a large skillet. Pour in eggs hot, lifting edges into center allowing uncooked egg to reach pan.

When egg is set add the ham and cheese to one half of the omelet. Fold over other half cook for 15-25 seconds and invert onto a plate.



## ***Stuffed French Toast With Fresh Berry Topping***

- 2 cups mixed berries (strawberries, raspberries, blueberries and or or blackberries)
- 2 tablespoons sugar
- 2/3 cup low-fat ricotta cheese
- 1/4 cup strawberry preserves
- 3 large eggs
- 2/3 cup nestle' carnation fat-free evaporated milk
- 2 tablespoons packed brown sugar
- 2 teaspoons vanilla
- 12 slices about 3/4 " thick French bread
- 1 tablespoon vegetable oil, butter or margarine
- powdered sugar (optional)
- maple syrup (optional)

Combine berries and sugar in small bowl. Combine ricotta cheese and strawberry preserves in another small bowl; mix well. Combine the eggs, milk, brown sugar and vanilla in pie plate or shallow bowl; mix well. Spread ricotta preserve mixture evenly over 6 slices of bread. Top with remaining slices of bread to form sandwich. Heat a small amount of oil in large pan over medium heat. Dip sandwiches in egg mixutre, coat both sides. Cook each side about 2 minutes till golden brown. Sprinkle with powdered sugar. Serve with berries and maple syrup.

## ***Egg White Oatmeal Pancake With Peanut Butter and Banana***

6 egg whites  
1 teaspoon cinnamon  
1/2 teaspoon Splenda sugar substitute  
1/4 cup oatmeal  
4 teaspoons peanut butter  
1/2 banana

Whisk egg whites, cinnamon, and Splenda together in bowl. Pour egg mixture into lightly greased medium nonstick skillet. Immediately sprinkle raw oatmeal on top of eggs. Let cook several minutes to set. When fairly firm, flip pancake, cook 2 minutes or until oatmeal side is browned. Transfer to plate, oatmeal side up. Spread peanut butter right onto oatmeal, top with sliced banana.

## ***Yum Pancakes***

1 1/2 cups buttermilk  
3/4 cup wheat berries  
3 tablespoons cornmeal  
1 tablespoon brown sugar  
2 eggs  
1/4 cup margarine, cut up  
1 tablespoon baking powder  
1/4-1/2 teaspoon baking soda

Liquify first 2 ingrediants.

Add next 4 and pulse 30 seconds.

Add baking powder and soda pulse just till ingrediants blend and batter rises to top of blender and pour onto hot griddle .

Cook just till golden brown.

## ***Flaxmeal Cinnamon Muffins - South Beach***

3 eggs, beaten  
1/4 cup canola oil, plus  
2 tablespoons canola oil  
1/4 cup sugar-free syrup (I use sugar-free maple)  
2 tablespoons water  
1 tablespoon vanilla  
1 cup ground flax seeds (flaxmeal)  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
2 tablespoons cinnamon  
1/8 teaspoon salt

Preheat oven to 350.

Beat together eggs, oil, syrup, water and vanilla. Set aside.

In small bowl, combine flaxmeal, baking soda, baking powder, cinnamon and salt.

Slowly stir dry ingredients into egg mixture. Let stand 5 minutes.

Spoon batter into 10 well-greased muffin tins.

Bake at 350 for 12-15 minutes or until muffins are lightly browned and seem set to the touch.

Remove from muffin pan immediately and allow to cook on rack.

Store in refrigerator. (Can be frozen if desired.).

### ***Roadhouse Cinnamon Butter***

- 1 cup butter, softened
- 1/3 cup sweetened condensed milk, chilled
- 1/2 teaspoon corn syrup
- 3/4-1 teaspoon cinnamon, to taste

Place all ingredients in a food processor and blend until mixture is smooth.  
Serve with hot rolls or muffins.  
This may be stored in the refrigerator.

***Breakfast Wafflewich for One***

- 2 waffles, toasted (4-inch)
- 2 tablespoons cream cheese, softened
- 1-2 tablespoon strawberry preserves or strawberry jelly
- 1 tablespoon granola cereal (optional)

Spread one waffle with half of the cream cheese; top with preserves and granola.

Spread the second waffle with remaining cream cheese.

Close sandwich.

With sharp, serrated knife, cut into quarters to serve.

## ***Poppy Seed Orange Muffins***

1 cup sugar  
1/2 cup sour cream  
1/3 cup butter, softened  
1 egg  
1 tablespoon poppy seeds  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
2 tablespoons orange juice  
2 tablespoons orange rind  
Orange Cream Cheese Butter  
1/2 cup butter, softened  
3 ounces cream cheese, softened  
1/4 cup powdered sugar  
1 tablespoon orange rind

Mix all together at low speed until moistened, about 1 minute.

Fill muffin tins (filled with liners) 1/2 full with batter.

Bake at 400 degrees for 17 to 22 minutes.

For Orange Cream Cheese Butter, blend until smooth, and top on prepared muffins.

These muffins freeze well.

## ***Pumpkin Bread***

3 1/2 cups flour  
2 2/3 cups white sugar  
2 3/4 teaspoons baking soda  
2 teaspoons cinnamon  
1 teaspoon salt  
1 teaspoon nutmeg  
1/4 teaspoon ground cloves  
3 eggs, beaten  
2/3 cup water  
1/2 cup applesauce  
1/2 cup butter, melted (or margarine, or canola oil)  
15 ounces pumpkin

Sift dry ingredients together in large bowl.

In separate bowl combine eggs, water, applesauce, oil and pumpkin.

Mix well.

Make well in the center of dry ingredients and add liquids.

Mix until moistened.

Pour into 2 greased and flour 9" x 5" loaf pans.

Bake at 350 degrees for 70 minutes.



## ***Glazed Strawberry Bread***

### Strawberry Bread

10 ounces frozen strawberries, thawed

3/4 cup sugar

2/3 cup oil

2 eggs

1 1/2 cups flour

1 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon cinnamon

3/4 cup chopped walnuts

### Glaze

3/4 cup powdered sugar

1 tablespoon milk

1-2 drop red food coloring, if desired

Combine strawberries, sugar, oil and eggs.

Beat at medium speed for 2 minutes.

Add remaining ingredients, stir until dry particles are moistened.

Pour into buttered 9" x 5" loaf pan.

Bake at 350 degrees for 50-60 minutes until a toothpick comes out clean.

Cool upright in pan 15 minutes; loosen edges and remove from pan.

Cool completely.

Mix glaze ingredients and drizzle over cooled loaf.

## ***Pannukakkua***

1/2 cup butter  
2 cups milk  
4 eggs, slightly beaten  
2 cups all-purpose flour  
2 teaspoons sugar  
1 teaspoon salt  
2 cups milk  
1/4 cup butter, melted  
syrup or jam or fruit

Heat oven to 400 degrees.  
Put 1/2 cup butter in 13x9x2 inch pan; put in oven to melt.  
Keep warm until batter is ready.  
Meanwhile, add 2 cups milk to eggs.  
Combine flour, sugar and salt; stir into milk and eggs.  
Add remaining milk and 1/4 cup melted butter.  
Pour mixture into hot pan.  
Bake about 40 minutes or until brown and puffy.  
Serve hot with toppings of choice.

## ***Rolled Oats Hot Cakes***

nonstick cooking spray  
1 cup rolled oats  
1 1/2 cups whole-wheat flour  
2 tablespoons brown sugar  
2 teaspoons baking powder  
2 teaspoons cinnamon  
1/4 teaspoon salt  
2 cups skim milk  
2 tablespoons oil  
2 egg whites, slightly beaten

Heat griddle to 375 degrees. Spray with cooking spray.

In food processor bowl with metal blade or blender container, process rolled oats to flour consistency. Lightly spoon flour into measuring cup; level off.

In large bowl, combine rolled oats, flour, brown sugar, baking powder, cinnamon and salt; blend well.

Add milk, oil and egg whites. Stir just until moistened.

To form pancakes, pour about 1/4 cup of batter onto hot griddle. Turn when edges look cooked and bubbles begin to break on surface, about 2 minutes on each side.

## ***Huckleberry ( or Blueberry) Coffee Cake***

- 1/4 cup stick margarine, softened (I used real butter)
- 1/2 (8 ounce) package fat free cream cheese (I used neufchatel)
- 1 cup sugar
- 1 egg
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 2 cups huckleberries or blueberries (fresh or frozen, unthawed)(I used blueberries)
- 2 tablespoons sugar
- 1 teaspoon ground cinnamon

Beat margarine and cream cheese at medium speed of an electric mixer until creamy; gradually 1 cup sugar, beating well. Add egg, and beat well.

Combine flour, baking powder, and salt; stir into margarine mixture. Stir in vanilla, then fold in berries.

Pour batter into a 9-inch round cake pan coated with cooking spray (I also lined bottom with parchment).

Combine 2 tablespoons sugar and cinnamon; sprinkle over batter.

Bake at 350F for 1 hour; cool on a wire rack.

## ***Lemon Apple Braid***

1 (8 ounce) can refrigerated crescent dinner rolls  
1/4 cup sugar  
3 tablespoons flour  
1 tablespoon lemon juice  
1 teaspoon finely grated lemons, rind of  
2 medium apples, peeled and finely chopped  
1/2 cup powdered sugar  
1/2-1 teaspoon grated lemons, rind of  
2-3 teaspoons lemon juice

Preheat oven to 375°.

Unroll crescent roll dough into 2 long rectangles on large ungreased cookie sheet.

Overlap long sides to form 13x7" rectangle; firmly press edges and perforations to seat.

In medium bowl, combine sugar, flour, 1 tablespoon lemon juice and 1 teaspoon lemon peel.

Stir in apples until well coated.

Spoon apple mixture in 2 inch strip lengthwise down center of dough.

Make cuts 1/2 inch apart on each side of rectangle at an angle.

Braid strips over filling.

Bake at 375° for 18-22 minutes.

Cool for 5 minutes. Remove from cookie sheet.

In small bowl, combine all glaze ingredients, adding enough lemon juice for desired drizzling consistency.

Drizzle over warm braid.

### ***Tenerife Banana Omelet***

- 2 eggs
- 1/4 teaspoon salt
- 1 dash sugar
- 1 medium banana, ripe but firm
- 1 tablespoon olive oil

Beat eggs, salt and sugar.  
Thinly slice banana; carefully mix with eggs.  
Heat oil in small nonstick skillet.  
Pour in egg mixture; reduce heat.  
Cook until bottom of tortilla has browned.  
Invert a dinner plate over skillet and turn tortilla onto the plate.  
Slide tortilla off plate back into skillet (cooked, brown side will be up).  
Continue cooking until bottom is brown.  
Slide out of skillet onto serving plate.  
DO NOT FOLD. :).

## ***Shanna's Coffee Cake***

cake

1/2 cup margarine

2 eggs

3 cups flour

1 cup milk

1 1/2 cups sugar

4 teaspoons baking powder

1 pinch salt

topping

1 cup brown sugar

6 tablespoons butter

1 teaspoon cinnamon

4 tablespoons flour

Mix all cake ingredients together.

Put 1/2 of the batter in a greased 9 by 13.

Mix topping ingredients together, and sprinkle 1/2 on top of them over batter.

Dot the top with remaining batter and then sprinkle other 1/2 of topping mixture.

Bake 350 for 30 minutes or till golden brown

## ***Big Moist Banana Bread***

2/3 cup sugar  
1/3 cup soft shortening  
2 eggs  
1 cup mashed bananas  
2 cups sifted flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup chopped walnuts

Mix together sugar, shortenign and eggs.  
Stir in milk and bananas.  
Sift together and stir in flour, baking powder, soda and salt.  
Blend in chopped nuts.  
Pour into well greased 9 x 5 x3 inch pan.  
Let stand for 20 minutes before baking.  
Bake at 350 degrees until it tests done (50-60 minutes).



### ***Another Rhubarb Jam Recipe***

12 cups finely chopped rhubarb  
6 1/2 cups sugar  
1 (19 ounce) can crushed pineapple, including juices  
2 (85 g) boxes Jello gelatin (choose from-cranberry or strawberry or raspberry)

in a saucepan mix together the rhubarb, sugar and can of pineapple.  
bring to a boil.  
turn down to a gentle boil and cook stirring often for 30 minutes.  
remove from the heat and stir in the jello.  
mix well.  
put in hot sterilized jars.  
store in cool place or refrigerator.

## ***Blueberry-Bran Muffins (Vegan)***

- 1 cup all-bran cereal
- 1 cup raw wheat germ
- 1/2 cup oil (I use vegetable oil)
- 1 cup soy yogurt (preferably blueberry)
- 1 cup soy milk or rice milk
- 1 teaspoon vanilla extract
- 1 cup flour
- 1/2 cup soy flour
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup sugar
- 2 cups blueberries (Thawed if you're using the frozen kind)

Preheat oven to 375 degrees.

In a medium bowl mix cereal, wheat germ, oil, soy-ghurt, milk and vanilla.

In a large bowl mix the flour, soy flour, baking powder, baking soda, salt, and sugar.

Pour the wet ingredients in with the dry ingredients and mix until just blended.

Gently fold in blueberries. Once again, make sure they're thawed and relatively dry or your muffins will be blue and wet.

Fill lined muffin tins 2/3 way full and bake for 22-25 minutes. You may have to bake them a little longer because my oven is extremely hot, so I only bake them for 22.

## ***Apple Pie Crescent Rolls***

- 1 apple
- 1/2 teaspoon Splenda sugar substitute
- 1/2 teaspoon brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon pumpkin pie spice or apple pie spice
- 8 ounces refrigerated reduced-fat crescent rolls

Preheat oven to 375.

Peel, core and chop apple.

combine apple, splenda, brown sugar, cinnamon and pie spice.

Unroll dough and cut each roll in half so you have 16 pieces of dough.

Divide apple mixture onto dough and fold up edges.

Bake on non-stick cookie sheet until lightly brown, about 12-15 minutes.

## ***Great Gingerbread Pancakes***

- .  
1 cup flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/8 teaspoon ground cloves
- 2 tablespoons molasses
- 1 tablespoon vegetable oil
- 1 cup buttermilk
- 1 egg

In a large bowl, combine all the dry ingredients.

In a small bowl, whisk the molasses, oil, buttermilk and lightly beaten egg.

Slowly pour the liquid mixture into the flour mixture and stir until uniform.

Lightly grease a griddle and pan over medium-low (275 degrees works good for me) and cook the pancakes for about 3 minutes on each side.

### ***Never Fail Banana Bread***

2 cups flour  
1/2 cup margarine  
3 ripe bananas, mashed  
3/4 cup chopped nuts (optional)  
1/2 teaspoon salt  
1 cup sugar  
2 eggs  
1 teaspoon baking soda

Mix sugar and margarine till creamy. Then add eggs and mix well.  
Add all other ingredients.  
Bake at 350 for 1 hour  
also makes beautiful muffins (12).

## ***Irish Breakfast Fruit Crisp***

- 2 apples, peeled and sliced
- 2 pears, peeled and sliced
- 1/2 cup pitted prunes
- 1/2 cup dried apricots, cut in half
- 1/2 cup dried cherries or cranberries
- 2 tablespoons maple syrup
- 1/4 cup apple juice or orange juice

### **TOPPING**

- 1 cup rolled oats
- 1/2 cup all-purpose flour
- 1/3 cup wheat bran
- 1/2 cup brown sugar
- 1/2 teaspoon cinnamon
- 1/4 cup soft margarine or unsalted butter, melted
- 1/3 cup apple juice or orange juice

Combine apples, pears, prunes, apricots, cherries, maple syrup and 1/4 cup apple juice.

Place in 8-cup baking dish.

For topping, combine rolled oats, flour, bran, brown sugar and cinnamon.

Stir in melted margarine or butter and 1/3 cup juice.

Spoon over fruit.

Bake in preheated 350 oven for 50 to 60 minutes, or until fruit is very tender and topping is crisp.

## ***Bacon Cheddar Frittata***

- 3 eggs
- 1/2 cup milk
- 1 green onion, chopped
- 1 tablespoon butter, melted
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup shredded cheddar cheese
- 1 slice bacon, cooked and crumbled

In a bowl, whisk the eggs, milk, onion, butter, salt and pepper. Pour into a shallow 3-cup baking dish coated with nonstick cooking spray. Sprinkle with cheese and bacon. Bake, uncovered, at 400° for 12-15 minutes or until eggs are set.

## ***Red Lobster Cheddar Bay Biscuits***

- 2 cups Bisquick reduced-fat baking mix
- 3/4 cup low-fat buttermilk (1 percent fat)
- 1 cup shredded low-fat cheddar cheese
- 2 tablespoons fat-free butter
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried parsley flakes, crushed fine

Preheat oven to 400.

Combine the baking mix, milk, and cheddar cheese in a medium bowl. Mix well.

Divide the dough into 12 equal portions (about 3tbsp each) and spoon onto a lightly greased baking sheet. Flatten each biscuit a bit with your fingers.

Bake for 18-20 min or until the tops begin to brown.

In a small bowl, combine the butter with the garlic powder. Heat for 30 seconds in the microwave and brush a light coating over each biscuit immediately upon removing them from the oven.

Sprinkle a dash of parsley over each biscuit.



## **Curried Baked Beans**

- 1 (415 g) can baked beans (prefer Heinz)
- 1/4 of an onion, chopped
- 1/4 teaspoon garam masala powder
- 1/4 teaspoon cumin powder
- 1/2 teaspoon red chili powder
- 1/2 teaspoon coriander powder
- 2 tablespoons finely chopped coriander
- 2 teaspoons of finely chopped green of a spring onions
- 2 tablespoons water
- 1 teaspoon vegetable oil

Heat oil in a pan.

Add the chopped onion and saute on medium heat till soft.

Add all the powders and the water and fry on low heat till the smell of the raw masala has gone. keep stirring.

Add the can of beans and stir till well mixed.

Add 1 tbsp coriander leaves and the spring onions, cover and let cook on low for another 2 minutes.

Garnish with the remaining chopped coriander leaves.

Serve with toast or what your heart desires --

Enjoy!

{There is no need to add salt.}.

## ***Old World Spiced Pancakes***

2 eggs  
1 cup milk  
2 cups sifted flour  
3 tablespoons sugar  
1 teaspoon baking powder  
1/2 teaspoon cinnamon, ground  
1/2 teaspoon cloves, ground  
1/4 teaspoon salt  
oil or fat or shortening (for frying)

In a small bowl, beat eggs and add milk.

In large mixing bowl. Combine flour, sugar, baking powder, spices, and salt.

Pour egg/milk mixture into center of dry ingredients. Stir quickly.

Heat oil or fat in a deep skillet or deep fat fryer. If you have an electric griddle, set temperature to 375.

Test heat by dropping a pinch of batter into fat. If it immediately rises to the surface, then it is ready to fry with.

Drop batter into fat with a tablespoon.

Brown for 5 minutes on one side, then flip.

Drain over paper towels.

Serve hot with maple syrup and butter.

## ***Southwestern Scrambled Eggs***

2 whole wheat flour tortillas  
2 large eggs  
2 large egg whites  
salt and pepper  
1 tablespoon chopped scallions  
1/2 teaspoon canola oil  
fresh cilantro, chopped  
salsa

Cut 2 toasted whole wheat tortillas into 1/4-inch strips.  
Whisk 2 large eggs and 2 large egg whites.  
Add tortillas, salt and pepper.  
Sauté 1 tablespoon chopped scallions in 1/2 teaspoon canola oil.  
Add egg mixture; scramble until eggs are set.  
Serve with chopped fresh cilantro and salsa.

## **Strawberry Oven Pancake**

3 eggs, separated  
2 tablespoons sugar (7/8 oz)  
1/2 cup whole milk or light cream  
1/8 teaspoon salt  
1 teaspoon vanilla  
1 tablespoon butter, melted (1/2 oz)  
1/3 cup unbleached all-purpose flour (1 1/2 oz)

### Filling

1 tablespoon butter (1/2 oz)  
1 tablespoon corn syrup  
1/4 cup sugar (1 3/4 oz)  
1 pint fresh strawberries, washed, hulled and sliced in half (10 1/2 oz)  
1 teaspoon lemon juice  
1/4 teaspoon cinnamon  
1-2 tablespoons creme fraiche or sour cream (for topping)

For the pancake batter: Place the egg whites in a clean bowl and whip them until frothy; add the sugar and whip until soft peaks form then set aside.

In a medium mixing bowl, whisk together the egg yolks and milk/cream, then add the salt, vanilla, melted butter and flour, whisk until smooth.

Heat a 10-inch pan with heatproof handle over medium-low heat (an omelet pan or cast iron skillet works well).

Spray the pan with non-stick vegetable oil spray, or rub it with a bit of vegetable oil.

Gently fold the egg whites into the batter.

Pour it into the heated pan, and swirl the pan gently, let it cook for about 3 to 5 minutes, until the bottom is light brown.

Transfer the pan to a preheated 350°F oven and bake the pancake for 10 to 12 minutes, until it's puffy and set.

For the filling: While the pancake is baking, melt the butter in a small skillet, then add corn syrup and sugar and bring the mixture to a boil.

Add the strawberries, lemon juice and cinnamon; Stir to coat the strawberries with the sauce, then remove from the heat.

Remove the pancake from the oven, and slip it onto a serving platter.

Spread the strawberries over one half of the pancake, then fold it over to cover the filling (as you'd fold an omelet).

Serving: Dust with confectioners' sugar, and garnish with a dollop of sour cream or creme fraiche and serve immediately.

## ***Strawberry Crisps***

250 g strawberries, stalks removed  
parchment paper

Preheat the oven to 110°C/225°F.

Slice the strawberries very thinly; blot any excess juices with kitchen paper and lay on a baking tray lined with parchment paper.

Dry the slices in the oven for 1 hour until almost dry, turn over, then continue to dry out in the oven until crisp but not golden (this could take up to a further 1-1 1/2 hours).

Turn off the oven and leave to cool.

If you are not using the crisps straight away, store them in an airtight container.

## ***Sausage Gravy***

- 1 cup of cold milk (we use 2%)
- 2 tablespoons Wondra Flour (or sifted all purpose flour)
- 1 teaspoon rubbed sage
- 1/4 teaspoon black pepper (the fresher the better)
- 1 pinch salt

Put cold milk in small saucepan.

Turn your burner on medium low heat.

Whisk in your flour, sage, black pepper and salt.

Stir often with whisk on med-low heat until mixture is thickened to a gravy consistency. If mixture starts to stick on bottom, reduce heat further. Mixture will thicken slightly more as it cools.

## ***Super Simple Scones***

2 cups all-purpose flour  
1/2 cup granulated sugar  
1 teaspoon baking soda  
2 teaspoons cream of tartar  
1/2 cup cold butter  
2 eggs  
1/4 cup milk  
flour

Heat oven to 375 degrees F.

Mix together flour, sugar, baking soda and cream of tartar.

Cut in butter to half a pea size, as for pie dough.

Beat eggs slightly with milk.

Mix egg mixture into flour mixture with fork only until dough begins to leave sides of bowl.

Divide dough into two parts with a fork, right in the bowl.

Sprinkle some flour, about 1 to 2 tablespoons, onto one corner of cookie sheet.

Dump half the dough onto that floured corner and shape into a five-inch circle.

You might have to sprinkle some flour on top of dough circle.

Cut with a knife into 8 pie shaped wedges.

They will be small but don't worry about it because they'll expand while baking.

Dip the knife in some of the flour if needed so it doesn't stick to dough.

Arrange the cut pieces on the other end of cookie sheet, four pieces to a row.

Repeat with other half of dough and arrange those cut pieces on the half of the cookie sheet you worked on.

Bake at 375 degrees F. about 12 to 15 minutes or until golden brown.

Makes 16 pieces.

## ***Strawberry-topped Puffy Pancake With Creamy Orange Filling***

- 1/2 cup 1% fat cottage cheese
- 1/4 cup frozen orange juice concentrate, thawed and undiluted
- 2 tablespoons powdered sugar
- 2/3 cup skim milk
- 1/2 cup all-purpose flour
- 1 tablespoon honey
- 1 teaspoon fresh lemon rind, grated
- 2 eggs
- vegetable cooking spray
- 2 1/3 cups fresh strawberries, halved

In blender, combine the first 3 ingredients, cover and process until well blended. Pour into a bowl and set aside.

Again in blender, combine milk and next 4 ingredients, cover and process until smooth. Pour this into a 9-inch, cooking spray coated, pieplate. DO NOT STIR.

Bake in a 425 degree oven for 15 minutes or until puffy and golden brown. Spoon cottage cheese onto pancake and layer with strawberries.



## ***Strawberry Flummery***

- 3 cups milk
- 1/4 cup cornstarch
- 5 tablespoons sugar
- 1/4 teaspoon salt
- 1 egg yolk, beaten
- 2 teaspoons vanilla extract
- 1 quart fresh strawberries, sliced

Blend cornstarch with a little of the milk, stir into a sauce pan containing the rest of the milk, the sugar, and the salt.

Bring to a boil and continue cooking over medium heat until mixture becomes thick. (Stir constantly).

Stir a cup of the hot milk mixture into the beaten egg yolk. Then stir this back into the saucepan.

Continue cooking 2-3 minutes more.

Remove pan from heat and add vanilla.

Pour into serving bowl.

Cover tightly and refrigerate several hours.

Arrange sliced berries evenly over top of pudding just before serving.

## ***Bavarian Apple Tart***

### Crust Ingredients

- 1 cup all-purpose flour
- 1/3 cup granulated sugar
- 1/2 cup butter, softened
- 1/4 teaspoon vanilla extract

### Filling Ingredients

- 1/2 cup granulated sugar
- 2 (8 ounce) packages cream cheese, softened
- 2 large eggs
- 1 teaspoon vanilla extract
- 4 medium tart cooking apples, peeled, sliced 1/4-inch
- 1/3 cup granulated sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 cup sliced almonds

1. Heat oven to 375°F. Combine flour, 1/3 cup sugar, butter and 1/4 teaspoon vanilla in small mixer bowl. Beat at medium speed, scraping bowl often, until dough leaves sides of bowl and forms a ball. Press on bottom of pan with lightly floured hands.
2. Combine 1/2 cup sugar, cream cheese, eggs and 1 teaspoon vanilla in same small mixer bowl. Beat at medium speed, until smooth. Spread mixture over crust.
3. Place apples in large bowl. Sprinkle with 1/3 cup sugar, cinnamon, nutmeg; toss to coat. Put apples over filling.
4. Bake for 40 to 50 minutes or until apples are fork tender. Sprinkle with almonds; continue baking for 5 to 10 minutes or until almonds are lightly browned. Cool completely.

## ***Strawberry Slump***

- 1 pint fresh strawberries
- 1 teaspoon lemon juice
- 1 cup water
- 1/2 cup sugar
- 1 cup flour
- 4 tablespoons sugar
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup butter
- 2 tablespoons sour milk

In a medium sauce pan mix water with sugar and lemon juice.

Bring to a boil.

Add strawberries. Cover, reduce heat and simmer 5 minutes.

In a mixing bowl combine flour, the 4 Tbsps. sugar, baking soda, and salt.

Cut in butter with a pastry blender.

Stir in sour milk with a fork till ingredients are just moistened. Drop by teaspoonfull into the simmering strawberry liquid.

Cover and let simmer about 12 minutes. (Do NOT lift cover.)

Serve wit thick cream or ice cream.

## ***Strawberry Buttermilk Pancakes***

2 eggs  
2 1/2 cups buttermilk  
1 teaspoon baking soda  
1/4 cup melted butter  
2 1/2 cups flour  
1 tablespoon sugar  
2 teaspoons baking powder  
1 teaspoon salt  
1 cup fresh sliced strawberries (or frozen, thawed and drained)  
1/2 cup melted butter

Beat eggs.

Add buttermilk, baking soda and melted butter.

Stir in flour, sugar, baking powder and salt.

Fold in strawberries.

Use griddle large frying pan or preheat electric skillet to 350°F.

Lightly, brush surface with butter.

Pour 2 tablespoons batter for each pancake into skillet.

Cool until bubbles form on the surface and edges are dry.

Turn and cook 1 to 2 minutes or until done.

Serve with syrup or strawberry puree as desired.

### ***Ham Omelet Deluxe***

- 3 eggs
- 2 tablespoons half-and-half cream
- 3 tablespoons chopped green onions (or to taste, can use chives also)
- 1/2 teaspoon garlic salt (optional but good to add in)
- black pepper
- 2 tablespoons butter or margarine
- 3/4 cup finely chopped cooked ham
- 2-3 tablespoons chopped green bell peppers
- 2-3 tablespoons chopped tomatoes
- 2-3 fresh mushrooms, sliced (can use canned also)
- 2-3 tablespoons shredded cheddar cheese
- 2-3 tablespoons shredded mozzarella cheese

In a small bowl, beat the eggs, cream, onions, garlic salt and pepper (if not using the garlic salt, season with regular salt).

Heat butter in a 10-inch skillet over medium-high heat; add in the egg mixture.

As the eggs set; lift the edges with a spatula, letting uncooked portion flow underneath.

Sprinkle with ham, green peppers, tomato and mushrooms.

When eggs are set (but moist), remove from heat, and fold omelet in half.

Sprinkle with both cheeses; cover the frypan for about 1-2 minutes or until cheese has melted.

Serve immediately.

## ***Strawberry Banana Macadamia Bread***

- 2/3 cup warm water
- 1/3 cup mashed ripe bananas
- 1/3 cup mashed strawberries
- 2 tablespoons butter or margarine (melted and cooled to room temperature)
- 2 egg whites
- 3 1/4 cups flour
- 3 tablespoons sugar
- 1 1/4 teaspoons salt
- 2 3/4 teaspoons active dry yeast
- 1/2 cup chopped macadamia nuts (reserve 2 T for top)

Sprinkle yeast over warm water; Mix in fruits, egg whites and butter; Sift together dry ingredients, stir in nuts; Mix dry ingredients into dough and mix and knead until smooth and elastic; Cover and let rise in a warm place until doubled.

Punch dough down.

Preheat oven to 425° Grease and flour a 13x9x2 inch rectangular pan.

After dough cycle on the bread machine or after your dough has been through one rising if hand mixing, knead dough an additional 2-5 minutes and shape to fit in loaf pan.

Sprinkle the reserved 2 T nuts on top of bread.

Bake 20-30 minutes or until golden brown.

After baking, remove bread from pan and cool on a wire rack.

## ***Strawberry Shortcake Muffins***

- 2 cups flour
- 2 teaspoons baking powder
- 3/4 cup sugar
- 1/2 cup butter or margarine
- 1 egg
- 1 cup heavy whipping cream
- 1 teaspoon vanilla extract
- 1 cup fresh strawberries, diced and well drained

In a medium bowl, mix flour, baking powder, and sugar. Cut in butter with a pastry blender or fork. In a small bowl, mix egg, cream, and vanilla. Add egg mixture all at once to flour mixture and mix with spoon. Gently fold in strawberries.

Spoon batter into greased muffin tins and bake at 350 degrees for 25 minutes. Remove from oven and cool before removing from pan. Dust tops with confectioners' sugar before serving.

Yields: 12 to 15 muffins.

## **Very Healthy Oatmeal, Rhubarb, Orange and Ginger Pudding**

- 57 g oatmeal or 4 tablespoons oatmeal
- 1/4 teaspoon vanilla flavoring (preferably artificial)
- 130 g rhubarb (Cooked, but very firm - roughly 3 Tablespoons) or 4 1/2 ounces rhubarb (Cooked, but very firm - roughly 3 Tablespoons)
- 2/3 tablespoon orange juice (preferably freshly made, To Taste)
- 3/4 teaspoon ground ginger (To taste)
- 5 teaspoons Splenda sugar substitute or sugar (To taste)
- 1/2 teaspoon baking soda
- 3/4 teaspoon cream of tartar
- 1/2 teaspoon caraway seeds (optional, To taste)
- 10 g nonfat dry milk powder or 1 tablespoon nonfat dry milk powder
- 1 1/2 cups water or 345 ml water or 110 ml milk (plus 235ml water) or 1/2 cup milk (plus 1 cup water, omitting the dried milk)
- 12 g marmalade (Chunky Orange) or 1 teaspoon marmalade (Chunky Orange)
- 1 1/2 teaspoons nonfat yogurt or cream
- 3/4 tablespoon wheat bran (completely optional - for a chewier, wheatier texture and taste) or 4 1/2 g wheat bran (completely optional - for a chewier, wheatier texture and taste)

For the topping, in an egg cup or other small pot put a medium size teaspoon of marmalade. Add enough Boiling water (not much!) to soften to a thick paste.

Measure the Oatmeal into pan. ('Porridge Oats' here in the UK). Personally I find 'quick oats' a real disappointment as I like the texture of the rolled oats, but if you must -- :).

Add ground ginger, vanilla flavouring (and caraway seeds if using them).

Add dried milk if using it - or fresh milk/ buttermilk plus water to make total 1 1/2 cups (345ml) of liquids.

Either squish a quarter of an orange, including pulp (but not rind or pips!) into the pan or add the orange juice.

Bring to a gentle boil on a moderate heat and reduce heat to simmer once boiling point reached, stirring occasionally.

Once it has thickened (to personal taste) almost to the point of being ready to eat (about 2 or 3 minutes), if using it, add the wheat bran. Please bear in mind the bran will soak up quite a bit of water and thicken the mixture. I just added it because I like a chewier texture and the 'seriously good for you, wholesome' flavour, but absolutely a matter of personal taste!

Whether adding bran or not, when nearly thick enough, add the rhubarb and about 3 teaspoons Splenda or sugar. Canned rhubarb is fine - probably better actually. I can buy unsweetened canned rhubarb but if using sweetened rhubarb then you'll probably want to decrease the total sugar a bit.

Add the Cream of Tartar and gently stir it in well.

Add the good 1/2 tsp or so of baking soda and immediately stir it in gently but very quickly - it rises a lot immediately.

Increase the heat a bit, stirring continuously to mix well. Bring to desired thickness stirring as necessary then pour into serving bowl.



Top with the yoghurt. Sprinkle a couple of teaspoons of artificial sweetener / sugar across the top. (I expect brown sugar would be especially nice!) I sprinkled a bit more ground ginger across the top as well as I really like ginger! Pour the prepared marmalade sauce across the yoghurt.

**SERVE AND DEVOUR!**

A passing thought about a slight oversight of mine -- I weighed the uncooked rhubarb to be 70g and forgot to weigh it once cooked and before adding it. The 130g cooked rhubarb is a guess - but the volume measure (about 3 tablespoons) was about what the 70g uncooked rhubarb became after cooking.

**VARIATIONS:**

A couple of delicious ideas that I've not tried yet but probably will --.

A baked dessert could be made by preparing with either rhubarb, large chunks of drained canned peach slices/pineapple, large chunks of peeled apple and/or sultanas into a suitable baking dish with perhaps 1/2 cup of flour (wholemeal would probably be really good for this) plus a bit more sweetness, baking in a medium oven for 1/2 to 3/4 hour or so. Also you could change the vanilla for almond essence (but surely not with rhubarb!) Then either eating, topped with toasted oats or chopped nuts and brown sugar (and maybe fine-chopped candied ginger, or maybe a couple of tablespoons orange marmalade / canned peach slices pulped through your fingers, a pineapple ring or whatever depending on what's in the middle). Served warm with custard and maybe strawberry/apricot jam/preserve, or set firm and cold with ice-cream or sweetened greek-style (nonfat) yoghurt.

Or the baked dessert could be left to cool somewhat and then topped with (maybe a layer of strawberry/apricot jam/preserve, then) a nice vanilla egg-custard, left to set, then topped as before with toasted oats, candied ginger or whatever.

With acknowledgements to Toni Gifford's excellent Ginger Peach Oatmeal #112474 which I spotted the other day which must have been there at the back of my mind for the idea about peaches!

Just ideas running wild through my head!

Do enjoy eating, and maybe playing with this recipe! :).

## **Brunch Eggs With Herbed Cheese Sauce**

2 English muffins, split, toasted  
4 slices Canadian bacon  
2 cups egg substitute  
2 tablespoons yogurt  
fresh ground pepper  
salt  
Herbed Cheese Sauce  
1 teaspoon butter  
2 teaspoons all-purpose flour  
1/2 cup nonfat milk  
1/3 cup cheddar cheese  
1/4 teaspoon dried basil  
cayenne pepper  
salt  
parmesan cheese  
chives, fresh

In a small saucepan, melt the butter and stir in flour; remove from heat. Gradually stir in milk, return to heat and heat to boiling, stirring constantly. Boil and stir 1 minute; stir in Cheddar cheese, basil. Adjust salt and cayenne pepper to personal taste, remove from heat and keep warm. In a nonstick 10-inch skillet over medium heat, brown Canadian bacon on both sides, remove and keep warm. Beat the yogurt with with egg substitute and pour into skillet that was used for bacon. As the egg mixture begins to set at bottom and side, gently lift the cooked portions with spatula so that uncooked portion can flow to bottom. Avoid constant stirring. Cook 3 to 5 minutes or until thickened throughout but still moist. Place 1 slice bacon on each muffin half. Divide eggs among the muffin halves, top with about 2 tablespoons sauce, and grate Parmesan cheese on top. Add a few grinds of fresh pepper to each serving and sprinkle with freshly snipped chives. Serve with fresh fruit for a delightful brunch for 4.

## ***Sausage and Potato Bake***

2 (8 ounce) packages brown & serve sausage links  
3 1/2 cups o'brien frozen potatoes  
1 1/2 cups shredded cheddar cheese  
1 1/4 cups milk  
5 large eggs, beaten  
1 teaspoon dry mustard  
1/4 teaspoon salt

Heat oven to 350. Grease 11x7x2 inch baking dish.

Cut sausage links into slices.

Stir together all ingredients in large bowl. Pour mixture into baking dish.

Bake 50 minutes or until knife inserted in center comes out clean.

Let stand 10 minutes.

## ***Oatmeal Breakfast Cookies***

- 3/4 cup all-purpose flour, unsifted
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup no-sugar added apricot jam
- 3 tablespoons olive oil
- 2 tablespoons honey
- 2 large egg whites
- 1 1/2 cups rolled oats
- 3/4 cup wheat germ
- 1/4 cup walnuts (optional) or pecans, chopped (optional)

Preheat oven to 350.

Line 2 baking sheets with aluminum foil.

Sift together the flour, baking soda, and salt. In a large bowl, stir together the jam, oil, honey, and egg whites until well combined.

Stir in the flour mixture, oats, wheat germ, and walnuts, if desired.

Drop the dough by heaping Tbsp on the baking sheet, spacing the mounds 1" apart. Bake for 17 minutes or until the cookies are set and browned.

Let cool for 1 to 2 minutes, then transfer to wire racks to cool completely.

The cookies can be frozen or stored in the refrigerator for up to 3 days.

## ***100% Whole Wheat Blueberry Muffins***

- 2 cups whole-wheat flour
- 1 teaspoon baking soda
- 1 1/4 cups buttermilk
- 2 egg whites, lightly beaten
- 1/3 cup vegetable oil
- 1/2 cup honey
- 1 cup blueberries, fresh or frozen

Preheat oven to 350.

Coat 12 muffin cups with cooking spray.

Sift together the flour and baking soda.

In a separate bowl, whisk together the buttermilk, egg whites, oil, and honey until creamy, then stir in the blueberries.

Pour the wet ingredients into the dry.

Fold together with a rubber spatula until the batter is moist yet remains slightly lumpy.

Pour into muffin cups and bake 30 to 35 minutes.

## ***Apple and Cheddar Corn Muffins***

1 2/3 cups flour  
1 1/2 ounces yellow cornmeal  
1 tablespoon baking powder  
3/4 lb apples, cored, pared & diced  
1/2 cup frozen corn, thawed  
2 1/4 ounces low-fat cheddar cheese, shredded  
1/3 cup sugar  
1 dash cinnamon  
1 dash nutmeg  
1/3 cup canola oil  
3 eggs, lightly beaten

Preheat oven to 400.

Line 12 muffin cups with paper baking cups.

In large bowl, combine flour, cornmeal, and baking powder.

Add apples, corn, cheese, sugar, cinnamon, nutmg, stir to combine. In small bowl, beat eggs and oil; stir into flour mixture (don't over beat...the mixture will be stiff). Fill baking cups and bake for 15 minutes.

## ***Apple Cinnamon Muffins***

- 1 egg
- 2 cups Bisquick baking mix
- 3/4 cup apples, peeled and chopped
- 1/3 cup sugar
- 2/3 cup 1% low-fat milk
- 2 tablespoons canola oil
- 2 teaspoons cinnamon

Preheat oven to 400.

Spray with nonstick cooking spray bottom only of 12 medium size muffin cups.

Beat egg slightly, stir in remaining ingredients just till moistened.

Divide batter evenly among cups.

Bake until golden brown, 15 to 17 minutes.

## ***Pig in the Blankets***

- 3 cups flour
- 1 cup margarine
- 3 tablespoons baking powder
- 1 teaspoon salt
- 1 cup milk
- 3 lbs sausage

Divide sausage, forming 30 to 36 "Pigs".

(About half the length of a hot dog) Do not roll in hands, form carefully with finger tips or fork. Sift together flour, baking powder and salt. Cut in margarine as for pie dough.

Mix in milk, form into smooth ball.

Roll dough to 1/4 inch thickness, cut into strips about 3 1/2 inches wide. Wrap "pig" loosely in dough, overlapping on the bottom.

Do not pinch ends shut. Prick top of each "pig" with a fork.

Place on ungreased cookie sheets, bake 15 minutes at 400 degrees, then 15 minutes at 350 degrees until brown.

May be frozen up to 4 months.



## **Bubble and Squeak**

2 lbs baking potatoes  
2 tablespoons unsalted butter  
1/4 cup heavy cream  
4 ounces bacon  
1/3 cup onions, finely chopped  
1/2 cup celery, finely chopped  
1 teaspoon sage  
1/2 teaspoon white pepper  
1 lb Brussels sprouts, thinly sliced  
1/2 lemon, juice of

Wash potatoes under cold running water then place in a large saucepan. Cover with salted water, bring to a boil, reduce heat and simmer until soft, uncovered, about 15 minutes.

Drain and set aside and allow to cool slightly.

Peel potatoes and mash.

Add butter and cream and mix well.

Meanwhile fry bacon until crisp.

Drain on paper towel and set aside. In the same skillet add onion to bacon drippings and saute until soft, about 3 - 5 minutes.

Stir in celery, sage and pepper and saute 2 minutes longer.

Add lemon juice. Combine vegetables with mashed potatoes, stir well to combine and refrigerate for 2 hours.

Shape potato mixture into 10 patties.

Melt 2 tablespoons butter in a large skillet and saute patties until brown and crispy, about 5 minutes per side. Crumble bacon over top and serve. -----

## ***English Muffins***

- 1 envelope yeast
- 1 1/2 teaspoons salt
- 1/2 cup milk, lukewarm
- 1 egg
- 2 tablespoons sugar
- 4 1/2-5 cups flour
- 1 cup milk
- 1/2 cup yellow cornmeal
- 1/4 cup butter
- 2 tablespoons butter, melted

Since you cook these on top of the stove, there is no need to preheat the oven. Proof the yeast in the 1/2 Cup of lukewarm milk with the sugar. Scald the 1 cup of milk, melt the butter in it and let cool to lukewarm.

Add the salt and the slightly beaten egg to the milk-and-butter mixture. Pour the yeast sponge into a large mixing bowl and blend in the milk-butter-and-egg mixture. Add the flour, a little at a time, mixing together well.

Turn the dough out onto a lightly floured work surface and knead, adding more flour if necessary. Knead until elastic and shiny.

Then place the dough in a large buttered bowl, cover with a towel and let rise for at least 1 hour, until doubled in bulk.

Meanwhile, pour the cornmeal onto a platter and set aside. Take the dough out onto the work surface and knead again for a couple of minutes.

Roll it out with a rolling pin to a thickness of about 1/3" and, with a glass or a large biscuit cutter, cut out round cakes.

Put these onto the platter with the cornmeal, press down slightly and turn to get the other side covered with cornmeal.

Place on a baking sheet and cover with a towel.

Let stand for about 20 to 30 minutes or until doubled in size. Place a skillet over medium heat and when hot, brush with a little melted butter, turn the heat low and place about 5 to 6 muffins in the pan.

Cook for approximately 5 minutes on each side, or until they are slightly brown.

Cool on a rack.

Toast after they are completely cooled off and right before serving them.

## ***Hash Brown Casserole II***

1 1/2 cups onions, chopped  
vegetable cooking spray  
3 tablespoons all-purpose flour  
1/2 teaspoon dry mustard  
1/4 teaspoon salt  
1 1/4 cups skim milk  
1/2 cup nonfat chicken broth  
1 1/2 cups low-fat cheddar cheese  
3/4 cup lowfat swiss cheese  
1/2 teaspoon pepper  
8 ounces fat free sour cream  
32 ounces frozen southern style hash brown potatoes, thawed  
paprika

Coat a medium saucepan with cooking spray; place over medium heat until hot. Add onion, and saute 3 minutes or until tender.

Add flour, mustard, and salt; stir well, and cook an additional minute. Remove from heat; gradually add milk and broth, stir in with a wire whisk until blended.

Cook over medium heat 5 minutes or until thickened, stirring constantly.

Remove from heat; add cheeses and pepper, stirring until cheeses melt. Stir in sour cream.

Combine cheese mixture and potatoes; stir well.

Spoon into a 13 x 9 x 2" baking dish coated with cooking spray.

Sprinkle with paprika.

Cover and bake at 350: for 35 minutes.

Uncover and bake an additional 35 minutes.

## ***Linda's Breakfast Burritos***

- 1 lb country sausage
- 8 eggs
- 2 cups taco blend cheese, shredded
- 10 large flour tortillas

Crumble sausage in frying pan and brown.

Scramble eggs with a little milk in another pan.

Combine sausage, eggs, cheese, and enough catsup to hold mixture together.

Heat tortillas in microwave on medium for 30 seconds.

Place about 1/2 cup sausage and egg mixture on each burrito and roll up.

Serve with picante sauce.

## ***Homemade Pop-Tarts***

pie dough  
jam

Take pie dough, roll out as usual. Cut into rectangles.

Spread jam on half of them, leaving a half inch or so on the edges without jam. Cover with the other half of the rectangles. Crimp the edges with a fork.

Bake till the pie dough is done.

You can frost these with a simple glaze, like powdered sugar and milk, or leave plain. You can either make up a batch of these, or just do one or two with leftover dough the next time you make a pie.

## ***Country Brunch Skillet***

6 slices bacon  
6 cups hash brown potatoes, cubed  
3/4 cup green bell peppers, chopped  
1/2 cup onions, chopped  
1 teaspoon salt  
1/4 teaspoon pepper  
6 eggs  
1/2 cup cheddar cheese, shredded

In a large skillet over med.

heat, cook bacon until crisp.

Remove bacon; crumble and set aside. Drain, leaving 2 tablespoons of drippings.

Add potatoes, green pepper, onion, salt and pepper to drippings; cook and stir for 2 min.

Cover and cook, stirring occasionally, until potatoes are browned and tender, about 15 min.

Make six wells in the potato mixture; break one egg into each well.

Cover and cook on low heat for 8-10 min.

or until eggs are completely set. Sprinkle with cheese and bacon.

## **Hash Brown Casserole**

- 1 (2 lb) package plain hash browns, thawed
- 2 cups cheddar cheese, grated
- 1 pint sour cream
- 1 can cream of mushroom soup (or cream of chicken, if you prefer)
- 2/3 cup onions, chopped
- 1/2 cup celery, chopped
- 1/2 cup green bell peppers, chopped
- 1/2 cup red bell peppers, chopped
- 2 tablespoons butter
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups corn flakes, crushed (or potato chips)

Saute onion, bell peppers and celery in butter until soft. Mix all ingredients except cornflakes and spread into an oiled baking dish.

Top with cornflakes.

Bake 40 minutes at 350 F.

## ***Cornbread and Cheese Muffins***

- 1 cup yellow cornmeal
- 1 cup whole-wheat flour
- 1 tablespoon baking powder
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 3/4 cup egg substitute
- 1 cup coffee creamer
- 1 cup nonfat cottage cheese
- 3/4 cup nonfat cheddar cheese, shredded

Preheat oven to 400.

Lightly spray muffin cups with nonstick cooking spray.

In a large bowl, combine cornmeal, flour, baking powder, sugar, and salt; mix well.

In a separate bowl, combine egg substitute, creamer, and cottage cheese; blend until smooth.

Using electric mixer, add egg mixture to flour mixture and blend until smooth.

Fold in shredded cheese and let stand 5 minutes at room temperature. Fill muffin cups 3/4 full and bake 25 to 30 minutes, until toothpick inserted in center comes out clean.



## ***Spanish Potato Omelet (Tortilla a la Espanola)***

- 1 cup olive oil
- 4 large potatoes, peeled and cut into 1/8 inch slices
- 1 large onion, thinly sliced
- coarse salt
- 4 large eggs

Heat the oil in a 8-9 inch skillet. Add the slices of potato one at a time to avoid sticking together. Alternate layers of potatoes with layers of onions.

Cook slowly over medium heat, turning the potatoes until tender, not brown.

Drain potatoes in a colander, save oil.

Make sure skillet is very clean for later use. In a bowl, beat eggs with a fork until slightly foamy.

Salt to taste. Add the potatoes, press down to cover potatoes completely with egg. Return to skillet, heat 2 tablespoons of saved oil until smoking point. Add the mixture, spread it out. Rapidly, lower the temperature to medium-high.

Shake the pan often to avoid sticking.

When the bottom is brown, cover the skillet with a plate, turn skillet up-side down, remove tortilla, slide off plate with uncooked side down into skillet and cook the other side, Turn several times until cooked

## ***Baked Breakfast Potatoes***

- 1 tablespoon dried onions, minced
- 1/4 teaspoon black pepper
- 1 (12 ounce) can Campbell's Healthy Request Cream of Broccoli soup
- 1 pint nonfat sour cream
- 4 ounces lowfat sharp cheddar cheese, grated
- 4 ounces Kraft Healthy Favorites Fat Free Cheddar
- 2 lbs potatoes, cooked and cubed
- 1 cup corn flakes, crushed, for topping

In a large bowl combine all ingredients except the corn flakes.  
Mix well and pour into a 9 X 13 inch casserole sprayed with non-stick cooking spray.  
Sprinkle crushed corn flakes on top.  
Bake at 350 degrees F or 45 to 60 minutes.

## **Blueberry Pancake Syrup**

4 cups blueberries, stemmed, rinsed and drained  
3 cups water  
2 strips lemons, rind of  
3 cups sugar  
lemon juice

Pour the blueberries into a saucepan and crush them with a potato masher or a wooden spoon until most of the skins are broken.

Add 1 cup of water and strips of lemon peel and bring to a simmer.

Turn heat down to low and cook the berries for 5 minutes at just under a simmer.

Pour the hot berries into a strainer lined with two layers of cheesecloth and let the blueberry juice drip through.

Twist the cloth to extract all the juice; there should be about 2 cups.

Discard the berry pulp.

Combine the remaining 2 cups water with the sugar in a small saucepan.

Bring the mixture to a boil, stirring, until the sugar is dissolved and the mixture is clear.

Wash down the sides of the pan with a wet pastry brush, then boil the syrup, without stirring, until it reaches 260 degrees on a candy thermometer.

Add the blueberry syrup to the sugar syrup and bring the mixture to boil.

Boil for 1 minute. Let the syrup cool, then add lemon juice to taste. Pour the syrup into two pint jars and refrigerate if you plan to use it in a month or two.

To can (for indefinite storage) Pour into canning jars with 1/2 inch headspace. Process in hot water bath for 30 minutes.

Cool.

## ***Tomato Scrapple***

- 2 1/2 cups stewed tomatoes
- 1 onion, chopped
- 1 carrot, cleaned, peeled and chopped
- 1 cup corn meal
- 1 teaspoon sugar
- salt and pepper
- 1 cup roasted peanuts, chopped

Mix tomatoes, onion, carrot, corn meal, sugar, and season to taste with salt and pepper.  
Cook slowly until thick--about 1 hour.  
Once this is completed, add peanuts and beat well.  
Pack into a well oiled pan.  
Refrigerate until cold.  
Slice and fry up in bacon drippings.

## ***Philadelphia Scrapple***

2 cups lean pork, diced  
1 1/2 teaspoons salt  
1/8 teaspoon sage  
1/8 teaspoon marjoram  
1/2 teaspoon black pepper  
2 cups cornmeal  
2 cups whole-wheat flour

Place pork in large saucepan with 4 quarts water; bring to a boil, then reduce heat and cook until pork is tender, about 15 minutes.

Drain, reserving 3-quarts cooking liquid.

Grind meat fine; bring reserved liquid to a boil.

Add sage, marjoram and black pepper.

Gradually stir cornmeal and then flour into the boiling broth.

Add meat, then reduce heat to low; cook for 30 minutes, stirring frequently.

Pour into 2 loaf pans; chill until firm.

To serve, slice and fry until brown.

## ***Breakfast Pudding***

- 1 package prunes, pitted, about 2 cups
- 1 1/2 cups orange juice
- 2 containers non-fat vanilla yogurt, 8 oz. size
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg

Combine the prunes and orange juice in a medium saucepan and bring to a boil over medium heat. Remove from the heat, cover, and set aside for 30 minutes or longer.

Puree the prunes with all of the orange juice in two batches in a food processor or blender.

Gently fold in the vanilla yogurt until blended.

Stir in the cinnamon and nutmeg.

Transfer to six 6-ounce custard cups.

Cover and refrigerate at least 2 hours or overnight.

## ***Biscuits and Sausage Gravy***

- 1 lb sausage (loose (hot or mild))
- 0 container biscuits (from the dairy section)
- 2 tablespoons butter
- 3 tablespoons flour
- 1/2 teaspoon dry mustard
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper (or to taste)
- 2 1/2 cups milk

Cook sausage, remove from pan and drain.

In a saucepan over med.-high heat melt the butter-stir in the flour and whisk until smooth.

Add mustard, salt and pepper.

Gradually whisk in the milk and whisk until smooth.

Bring to a boil and stir 1 minute or until as thick as you want. Remove from the heat and add the cooked sausage. This recipe doubles really well.

Serve over hot biscuits.

## ***Farm-Style Sausage Patties***

This is an irresistible breakfast sausage!

- 5 lbs boneless pork butt
- boneless pork shoulder, cubed
- 1 lb salt pork or unsalted side pork, skinned and cubed
- 1-2 tablespoon salt
- 2 tablespoons rubbed sage
- 1 tablespoon coarse black pepper
- 1 1/2 teaspoons cloves, Ground
- 1/2 teaspoon thyme leaves
- 1/2 teaspoon allspice, Ground
- 2 medium onions, minced
- 2 cloves garlic, minced (optional)

Put pork and salt pork through food chopper with coarse blade in place. Blend in remaining ingredients thoroughly, adding just 1 tablespoon of salt at first. make a small patty of the meat and cook in skillet; taste; add more salt if desired.

Shape into patties and fry in large skillet until well browned on both sides and cooked through or wrap and refrigerate, or freeze.



## **Orange Marmalade**

3 oranges, seeded, chopped  
3 lemons, seeded, chopped  
water (equal to whole fruit)  
sugar (equal to cooked fruit)

Measure chopped fruit and place in heavy saucepan.  
Measure equal amounts of water and pour into saucepan.  
Bring to boil.  
Lower heat and simmer for 5 minutes.  
Remove from heat, cover, and let stand in a cool place for 24 hours.  
Again bring to a boil and cook over high heat for 10 minutes.  
Remove from heat, cover, and let stand in a cool place for another 24 hours.  
Measure out fruit mixture.  
Add equal amount of sugar.  
Again bring to a boil over medium heat.  
Cook, stirring constantly, for another 15 minutes, or until mixture begins to gel.  
Remove from heat and immediately pour into hot sterilized jars.  
Vacuum seal.

## ***Boston Brown Bread***

2 cups rye meal  
2 cups corn meal  
2 cups whole-wheat flour  
1 1/2 teaspoons baking soda  
1/2 teaspoon salt  
1 1/3 cups dark molasses  
4 cups milk  
2 cups seedless raisins  
4 tablespoons unsalted butter  
hot water  
aluminum foil  
butcher's kitchen twine, and one 16 oz. coffee can, empty and clean

Preheat oven to 375 F.

Grease a 16 oz coffee can (or 1 qt pudding mold or baking dish) with butter.

In a large bowl, combine both wheat and rye flours, cornmeal, baking soda and salt.

Stir in molasses and milk; add raisins and mix to blend.

Fill coffee can (or mold/baking dish) with batter; it should come up to about 2/3 of the way to the top.

Cover top of the can with foil and tie with butcher's twine to make it airtight.

Place can (or mold/baking dish) into a larger, deep baking dish.

Using a pitcher, carefully pour hot water into the baking dish so that the water comes about halfway up the outside of the coffee can (or mold/baking dish); place in the oven.

Allow bread to steam for 2 hours, check water level after 1 hour and add more water if needed.

To check if the bread is done, carefully remove twine and foil and stick a wooden skewer into the middle and pull it out.

If the Skewer is clean, the bread is done; if the bread needs additional cooking time, cover with new foil and twine and allow to steam until done.

Enjoy!

## Crumb Coffee Cake

A sweet treat that uses common pantry ingredients. I like to add cinnamon to the crumb topping, but it's good either way. Margarine or shortening will work instead of butter in this recipe. If you don't have sour milk you can make it by putting 1 tablespoon of lemon juice or vinegar in a measuring cup and filling with milk to the one cup mark. Stir and let stand at room temperature for 10 minutes, and there you are, sour milk for the recipe.

- 1/2 cup butter, melted
- 2 cups brown sugar
- 2 cups all-purpose flour
- 1 cup sour milk
- 1 egg, beaten
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon (optional)

Preheat oven to 325F and spray an 8" square pan with cooking spray.

Mix the brown sugar and flour until well combined and lump free, add the melted butter and stir well or crumble it between your hands until well blended.

Reserve 3/4 c of the mixture for topping, if desired mix cinnamon into the topping mixture.

Mix in the baking powder, then add the milk and egg and mix well

Sprinkle the reserved crumbs evenly over the top of the batter.

Bake at 325 degrees for about 55-60 minutes or until cake pulls slightly away from the side of the pan and a toothpick inserted into the center comes out clean.

Serve warm, even better with whipped cream, cool whip or ice-cream.

## ***French Toast Cheddar Sandwiches***

These sandwiches will make you never want just a plain old grilled cheese sandwich again. Great sandwich to make when you have thick sliced bread, but you don't have to have it...plain bread will do fine!!!!

2 eggs  
1/3 cup milk or light cream  
1/2 teaspoon salt  
8 slices white bread  
mustard, Prepared  
4 slices cheddar cheese, Thick slices  
3 tablespoons butter

Set out a heavy skillet or cast iron griddle.

Beat the eggs slightly in a pie tin or shallow bowl and add the milk or cream and salt, set aside.

Spread the bread slices out on a flat working surface.

Spread one side of four slices of bread lightly with the prepared mustard.

Top each with a slice of cheddar cheese.

Butter the remaining four slices of bread and top each cheese slice with bread, butter side down.

Heat the butter in the skillet or on the griddle.

Carefully dip each sandwich into the egg mixture, coating both sides.

Allow the excess egg mixture to drain back into the bowl.

Dip only as many sandwiches as will lie flat in the skillet or griddle.

Cook over low heat until browned.

Turn and brown the other sides.

Repeat for the remaining sandwiches and if necessary, add more butter to the skillet or griddle to prevent sticking.

Or you can place the sandwiches, after dipping, on a well greased baking sheet and brown in the oven at 450 degrees F. for 8 to 10 minutes.

Serve hot.

## ***Butter Pecan Muffins***

There is nothing like freshly baked muffins in the morning for breakfast with a nice hot cup of coffee. I hope you enjoy this recipe.

1 1/2 cups sifted self-rising flour  
1 cup chopped pecans  
1/2 cup firmly packed brown sugar  
1 egg  
3/4 cup milk  
1/4 cup butter, melted and cooled  
1/2 teaspoon vanilla extract

Preheat oven to 400 degrees.

Grease muffin pans.

Combine flour, pecans, and brown sugar in mixing bowl; set aside.

In another bowl, beat egg; stir in milk, butter, and vanilla.

Add liquid ingredients all at once to flour mixture.

Stir only until flour is moistened.

Fill muffin cups 2/3 full.

Bake about 15 minutes or until golden brown.

Serve warm with butter or jam and enjoy!

## ***Snowflake Toast Recipe***

### Ingredients

1 pint milk  
½ cup cream  
1 teaspoon salt  
4 tablespoons flour  
2 egg whites  
Toasted bread

### instructions

To prepare this Snowflake Toast Recipe, first heat the milk to scalding in a double boiler, and moisten the flour with the cream a little at a time. Rub until smooth; then stir into the hot milk. Cook about twenty minutes. Add the salt, and pour over the stiffly beaten egg whites, beating meanwhile. Moisten the toasted bread in a little hot milk or cream, and pour over the toast the above sauce.

## ***White Corn Meal Cake Recipe***

### Ingredients

1 cup scalded milk  
½ cup white corn meal  
1 teaspoon salt

### instructions

To prepare this White Corn Meal Cake Recipe, first add salt to corn meal, and pour on gradually milk. Turn into a buttered shallow pan to the depth of one-fourth inch. Bake in a moderate oven until crisp. Split and spread with butter.

## ***Broiled Bacon Recipe 1***

### instructions

To prepare this Broiled Bacon Recipe 1, first bacon may be broiled over a rather dull fire, but with a loss of fat, which is of value. To avoid this waste, the cooking may be done in the oven. Lay the bacon, cut in very thin slices, on the wires of a double broiler, close the broiler and set it into a moderate oven over a dripping pan. Let cook until the bacon is delicately browned and crisp, then serve at once. This is one of the simplest and best ways of cooking bacon. That the bacon cook evenly, it must be sliced evenly. Lay the strip, skin side down, on a meat board, then with a strong, sharp, thin-bladed knife cut in slices as thin as possible, one after another, down to the rind; then run the knife between the slices and the rind, thus detaching them all together. Store the strip in a cool, dry place, that it may not mould and, also, that it may be sliced more readily.



## ***Graham Hurry-ups Recipe***

### Ingredients

1 cup white flour  
1 cup graham flour  
2 tablespoons melted butter  
7/8 cup milk  
½ teaspoon salt  
4 teaspoons baking powder

### Instructions

To prepare this Graham Hurry-ups Recipe, first sift the salt, graham flour, white flour and baking powder together. Return the bran, which is removed by the sifting, to the flour, looking over it carefully to remove any foreign substances. Rub the butter into the flour, pour the milk into the flour mixture and mix all together. Drop by dessertspoonfuls on an oiled pan, and bake in a hot oven about 12 minutes.

***The End***