

## Breakfast Favorites Recipes

### **Katherine's Overnight Omega Oats**

**½ Cup Steel Cut Oats**

**1 Cup Non-Dairy Milk**

**1 tsp chia seeds, flax seeds, and hemp hearts**

**¼ cup chopped fruit**

**½ banana, chopped**

**1 Tbsp chopped walnuts**

**1 Tbsp dried cranberries**

1. Add ingredients to a pint jar in the order above.
2. Soak overnight in the fridge and serve for breakfast!

### **Oil Free Pancakes**

1. Mix pancake batter per directions. Preheat griddle to medium and once hot, do a test pancake. Once bubbles start to form on top, flip and cook until middle is done! No oil needed, yay!

### **Eggs Benedict**

**Hollandaise Sauce (I buy the packaged kind)**

**English Muffins**

**Canadian Bacon**

**Eggs (poached)**

1. Put water in 11" skillet and cover with egg rack. Preheat to medium. Place eggs in cups and place on rack. Cook exactly 3 minutes.
2. During egg cooking, toast English muffin and brown Canadian bacon on skillet. Assemble and enjoy!

## **Baking Powder Wheat Biscuits**

**1 cup sifted all-purpose flour**

**1 cup whole wheat flour**

**1/8 cup raw sugar**

**4 tsp. baking powder**

**3/4 tsp. salt**

**1/4 cup oil**

**3/4 cup milk**

\* Sift dry ingredient into a bowl. Cut in the oil until it's like coarse crumbs.

\* Make a well and add milk all at once.

\* Stir quickly with a fork just until dough follows fork around the bowl.

\* Turn onto lightly floured surface. (Dough should be soft.)

\* Knead gently 10 to 12 strokes. Roll or pat dough 1/2 inch thick.

\* Dip cutter in flour and cut dough straight down - no twisting.

\* Bake in electric skillet @285-300 degrees for 10-12 minutes.

\* Makes 10 or more biscuits depending on size of cutter.

## **Oatmeal in the EOC**

**1 – 2 cups Steel Cut Oats**

**2 ½ Cups water per 1 cup oats**

1. Place oats and water in EOC. Stir. Set to Rice 2 setting and let cook. Once temp says 150 enjoy!

## **Breakfast Casserole**

- **12 eggs**
- **1 block cheese**
- **veggies of choice (mushrooms, spinach, etc)**
- **meat of choice (sausage, bacon)**

- **1 Large Potato**

- **Adobo to Taste**

1. Cut potatoes on cone 3 into culinary basket. Rinse and cook on medium for 5-8 minutes.
2. Cook meat in EOC on 375 until done. Remove from pan and place potatoes in bottom. Add veggies, meat, whisked eggs and cheese shredded on cone 1 or 2 on top.
3. Bake at 325 for 35 minutes.