

Favorite Breakfast Recipes from Kale House

Sausage Apple Bake

1 lb. bulk sausage (cook till brown & crumbly)

4 apples (peeled and sliced)

1 C flour

1 C sugar

1 tsp. baking powder

1 egg

milk to moisten

2 T melted butter

Place sausage into a greased 9x13 baking dish (or 6-8 ramekins)

Cover sausage with apple slices

Mix dry ingredients with egg and enough milk to form a batter

Pour batter over the apples and sausage

Drizzle with melted butter and sprinkle with cinnamon

Bake at 350 for 30 minutes (or until apples are tender and batter is browned)

Serve with slices of cheddar if desired

Southern Breakfast Pie

1 lb. bulk sausage

1 C raw grits, cooked

2 T butter

2 C grated sharp cheddar

5 eggs

¼ C milk

salt & pepper to taste

Brown and drain sausage

Crumble sausage into greased 9x13 baking dish (or 8 ramekins)

Cook grits according to package directions (stiff is better than soupy)

Add butter and cheese to cooked grits

Beat eggs, milk, salt and pepper and add to slightly cooled grits mixture

Pour over sausage in baking dish

Bake at 350 for 1 hour or until set in center

Cool slightly before serving

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Spinach Quiche

¼ C butter, melted

5 eggs

¼ C flour

½ tsp. baking powder

½ sm. can green chilies, optional

1 C cottage cheese

1 C grated cheddar

1 C pepper jack

2 C chopped fresh spinach

Cooked bacon pieces

Preheat oven to 400

Beat eggs and mix in remaining ingredients

Pour into quiche dish or pie plate

Bake at 400 for 15 minutes and another 35-40 at 350

Allow to cool about 5 minutes before serving

Marie Therese's Croissants

4 croissants

1 T butter

2 C sliced fresh mushrooms

¼ C chopped onions

4 eggs

1 C milk

1 C shredded Swiss cheese

1 C shredded mozzarella

¼ C shredded parmesan

Melt butter in skillet and saute mushrooms and onions until moisture has evaporated

Split croissants in half and place bottom halves in a greased 9x13 pan

Beat together milk and eggs and pour half the mixture over croissants

Sprinkle mushroom-onion mixture and cheeses over croissants

Replace top halves of croissants and pour remaining milk-egg mixture

Let stand at least one hour (or overnight)

Bake at 350 for 25-30 minutes

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Clafouti

(baked pancake)

Melt 2T butter in pie plate

2-3 C fresh or frozen fruit (mixed berries, peaches)

½ C sugar, sprinkled over fruit

Heat in oven or microwave till bubbly

Batter:

4 eggs

1C flour

1C milk

1½ tsp. vanilla

Blend well and pour over hot fruit

(Place pie plate on cookie sheet to catch potential overflow)

Bake at 425 for 30-40 minutes until center is set

Cool a few minutes before serving and sprinkle with powdered sugar

Baked Oatmeal

2 ½ C rolled oats

¼ C oat bran

¼ C steel cut oats

1/8 C sugar

1/8 C brown sugar

½ tsp. salt

½ tsp. cinnamon

2 ½ C milk

1 egg, beaten

1/3 C applesauce

Preheat oven to 400

Combine all ingredients, pour into a greased deep casserole dish

Bake uncovered 20-30 minutes or until lightly browned

Serve with milk, yogurt, chopped fruit and nuts

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Zucchini – Cheddar Bread

1 C chopped onion

¼ C butter

Cook until translucent in butter. Cool.

Add:

2 ½ C Bisquick

1 T parsley

½ tsp basil

½ tsp thyme

¼ C milk

3 eggs

Beat vigorously for 1 minute.

Stir in:

1 ½ C grated zucchini

1 C grated Cheddar

¾ C slivered almonds

Spread in 9 x 13 inch pan, loaf pan, or sprayed mini muffin tins. Sprinkle almonds on top.

Bake at 400 degrees. 20 minutes for muffins and 40 minutes for 9x13 or loaf pan.

Buttermilk Bran Muffins

1 ½ C sugar

2 eggs

½ C oil

2 C buttermilk

Blend together.

Add:

2 ½ C flour (white and wheat)

½ tsp. salt

2 ½ tsp. baking soda

1 C raisins

1 C boiling water

2 C bran flakes

1 C All Bran or Bran Buds

Mix well and allow to stand, then re-stir thoroughly. Spray mini muffin tins.

Add batter and top each muffin with a walnut half.

Bake 20 minutes at 400 degrees.

Be sure to use both kinds of bran!

Mixture may be refrigerated in an air tight container for about a month.

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Banana Raisin Bread

1 ½ C sugar
3 eggs
¾ C vegetable oil
2 C flour
2 tsp. baking soda
½ tsp. salt
1 tsp. cinnamon
1 tsp. allspice
2 C mashed bananas
½ C raisins

Preheat oven to 350 degrees. Spray two 8 x 4 inch loaf pans.
Cream sugar and eggs. Mix in oil. Set aside.
In large bowl sift flour, baking soda, salt, cinnamon, and allspice.
Add to creamed mixture. Mix in bananas and raisins.
Pour into prepared pans and bake for 1 hour until done.
Turn out onto wire rack to cool.