



Quick & Easy Breakfast Ideas

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Cooking & Food Info Resources

**[America's Favorite Restaurant Recipes](#) - Like You Never Seen Before!
Now You Can Cook Dishes Like Pros! Superstar Chef Reveals Everything**

**[Make Your Favorite Restaurant Dishes At Home!](#) - Secret Recipes From Ny
Times Best Selling Author**

**[500+ Healthy Chinese Recipes Cookbook](#) - Low Fat & Low Carb Chinese Food
From Master Chef W/ 40 Years Of Cooking Experience**

[Ultimate Guide to Back Yard Barbecuing](#) – Best Barbecuing Online Material

Bacon, Egg and Potato Skillet

Serves 6 - 8

Ingredients:

½ lb sliced bacon

1 red bell pepper, diced

4 cups potatoes, peeled and cubed

½ onion, chopped

6 eggs, beaten

1 cup Monterey Jack cheese, shredded

Instructions:

In a large skillet, cook the bacon until crisp and nicely browned. Remove the bacon from the skillet and set aside. Add the potatoes, red bell pepper and onion to the skillet and cook in the bacon fat until the potatoes are soft. This should take about 10 - 15 minutes. Cut the bacon into small pieces and stir into the potato mixture. Add the eggs, cover and cook until the eggs are set. Top with the cheese and serve immediately with fresh tomato slices.

Bagel French Toast

Serves 2

Ingredients:

2 plain bagels, sliced into thirds horizontally

¼ cup milk

2 large eggs

½ tsp ground cinnamon

¼ tsp ground nutmeg

1 tbsp butter

Instructions:

In a shallow dish, beat the eggs, spices and milk. Place the bagel slices into the mixture to soak for about ½ hour. Turn the bagels once to cover both sides.

Melt the butter in a large skillet. Fry the bagel slices on both sides until golden.

Serve immediately with maple syrup and crispy bacon!

Blueberry Bake with Maple Syrup

Ingredients:

2 cups frozen blueberries (or mixed frozen berries)
1 cup cream cheese, cubed
1 ½ cups milk
¼ cup margarine, melted
¼ cup maple syrup
1 loaf white bread, cubed (and crusts removed)
8 free-range eggs, lightly beaten
¼ tsp cinnamon

Instructions:

Preheat oven to 350° Fahrenheit. Lightly grease a 9 inch square baking dish.

Arrange half of the bread cubes in the baking dish, then add the cubed cream cheese and half of the blueberries. Top with another layer of bread and the remaining blueberries.

In a bowl, whisk together the eggs, maple syrup and milk and melted margarine. Add the cinnamon and stir well. Pour the egg mixture over the bread and blueberries and place into the oven. Bake for about 50 minutes or until cooked through.

Serve with good quality vanilla yogurt.

Morning Melts

Serves 4

Ingredients:

4 English muffins, split and toasted
3 tsp Dijon mustard
8 slices good-quality ham
1.5 apple, peeled and thinly sliced
8 slices of cheese of your choice

Instructions:

Preheat oven to 350°Fahrenheit. Arrange the toasted muffin halves on a baking sheet and spread with the mustard. Top with ham, apple slices and cheese. Place in the oven and bake for about 6 - 8 minutes or until the cheese is melted.

Serve with hot sauce and enjoy!

Coconut and Oats Crunchies

Ingredients:

4 oz margarine
4 oz brown sugar
4 oz rolled oats
4 oz desiccated coconut

Instructions:

Preheat oven to 350° Fahrenheit.

In a saucepan, melt the margarine and stir in the sugar until melted. Add the oats and coconut and stir until well combined.

Press the mixture into a lightly greased tin and bake in the oven for 30 - 35 minutes.

This makes a delicious lunchbox treat for your children.

Cornflake Crisp Cakes

Ingredients:

1 x 4oz bar of plain chocolate
2 tbsp golden syrup
4 oz cornflakes
1 oz desiccated coconut
2 oz margarine
Paper muffin cases

Instructions:

Place margarine, syrup and chocolate in a bowl over a saucepan of boiling water and melt. Once melted, add the coconut and cornflakes and stir.

Spoon mixture into paper muffin cases and refrigerate until set for at least one hour.

Breakfast Hash

Ingredients:

1 medium onion, chopped
1/2 cup chopped green pepper
1/2 cup chopped sweet red pepper
2 tablespoons unsalted butter
6 cups diced cooked potatoes
2 cups cubed cooked turkey
1/8 teaspoon cayenne pepper
1/8 teaspoon ground nutmeg

Instructions:

In large skillet over medium heat melt butter. Add onion, green pepper and red pepper. Cook until fork tender. Add potatoes, turkey, cayenne pepper and nutmeg. Reduce heat to low, stirring occasionally, for 25 minutes or until heated through.

Crispy Breakfast Oats

Serves 4

Ingredients:

1 ½ cup quick cooking oats
½ cup all-purpose flour
1 tsp baking powder
½ tsp cinnamon
½ tsp salt
¼ cup margarine
1 egg, beaten
½ cup brown sugar

Instructions:

Preheat oven to 350°F. Grease 9x9inch baking dish.

In a mixing bowl, combine oats, baking powder, cinnamon, salt and flour. In a separate bowl, mix together brown sugar and margarine and cream, using an electric mixer. Add the egg and mix well. Stir the margarine/egg mixture into the oats. Pour the mixture into the greased baking dish and bake in the oven for about 30 minutes.

Crunchy Peanut Butter and Banana Wrap

Serves 2

Ingredients:

2 medium bananas, sliced
2 tbsp lemon juice
2 tortillas
1/3 cup crunchy peanut butter
1 tbsp honey

Instructions:

Place the banana slices in a bowl and add the lemon juice. Gentle toss until the banana slices are well coated with the juice. Spread one side of each tortilla with the crunchy peanut butter and layer with the banana slices. Drizzle with the honey and roll.

Delicious Banana and Oats Pancakes

Ingredients:

½ cup quick-cooking oats, uncooked
2 eggs, lightly beaten
1 ½ cups low-fat milk
2 tbsp vegetable oil
1 ¼ cups all-purpose flour
1 tsp baking powder
1 ripe banana, mashed
¼ tsp salt
Vegetable cooking spray

Instructions:

In a mixing bowl, combine oats and milk and set aside for about 10 minutes.

Then add the eggs, vegetable oil and mashed banana to milk mixture and beat well. In a separate large bowl, mix together the flour, baking powder and salt. Add the oat/milk mixture and stir until well combined.

Use 2 tablespoons of batter for each pancake. Coat a skillet with vegetable spray and drop the batter into the hot pan. Cook and turn each pancake until both sides are nicely brown.

Serve with maple syrup and vanilla yogurt.

French Toast with Apple

Makes 6 toasts

Ingredients:

2 eggs, beaten
6 fl oz low fat milk
1 tsp cinnamon
2 tbsp white sugar
4 tbsp apple sauce
6 slices bread

Instructions:

Mix together the eggs, milk, cinnamon, sugar and apple sauce in a large bowl. Soak each slice of bread until thoroughly saturated. Then fry the slices of bread in a greased frying pan on both sides until starting to turn brown.

Serve immediately with maple syrup and enjoy!

Gluten-Free and Dairy-Free Pancake Mix

Makes about 4 Pancakes

Ingredients:

½ cup Gram flour (garbanzo bean flour, available in ethnic food shops)
1 cup cornstarch
¼ cup tapioca starch
2 tbsp sugar, ideally fruit sugar
1 tsp baking soda
Cinnamon to taste
1 tbsp of mixed dried fruit (optional)

Instructions:

Place all ingredients in a mixing bowl, add water and stir until desired consistency. Pour mixture (one ladle at a time) into a hot frying pan and cook until nice and brown on both sides.

Serve with delicious maple syrup and/or fresh berries.

Ham, Egg, and Cheese Breakfast Casserole

Ingredients:

3 cups French Bread, cubed
1 cup reduced fat ham, diced
Non-fat cooking spray
Egg Beater =to 1 egg, beaten lightly
1 1/3 cup fat-free milk
1/2 teaspoons dry mustard
1/4 teaspoons garlic powder
1/4 teaspoons onion powder
1/4 teaspoons paprika
1/8 teaspoons black pepper
1/2 cup red bell pepper, chopped
1/2 cup fat-free cheese, grated

Instructions:

Place cubed bread into a Pyrex dish and spray with cooking spray. Sprinkle evenly with red pepper, ham and cheese. Mix together the egg substitute, milk, onion powder, black pepper, and garlic powder and pour over bread cubes also. Sprinkle with paprika. Refrigerate covered for 3 hours before baking. When the casserole is ready for baking, preheat the oven to 350 F. Cook for until browned (approximately 40 minutes).

Homemade Breakfast Muesli

Ingredients:

3 cups mixed nuts and seeds of your choice (i.e. sunflower seeds, cashews, almonds, pecans)
8 cups rolled oats
2 tsp cinnamon
2 cups coconut
2 cups bran
1 cup honey
1 cup grape seed oil
2 tsp vanilla extract
2 cups mixed chopped dried fruit of your choice (i.e. cranberry, apricot, pineapple)

Instructions:

Preheat oven to 325°F.

In a large mixing bowl, combine nuts and seeds, oats, bran, coconut and cinnamon and mix well.

Heat honey in a small saucepan, until very runny. Add oil and vanilla. Pour into the dry ingredient mixture and combine well.

Spread the mixture into 2 large roasting dishes and bake in the oven for about 45 minutes. Stir occasionally. The mixture should be golden brown and crisp. Allow mixture to cool, then add dried fruit and combine.

Store in airtight containers and enjoy for breakfast.

Orange Waffles

Ingredients:

1 tablespoon active dry yeast
1 cup freshly squeezed orange juice, warmed (about 120°F)
1/2 cup lowfat soy milk, at room temperature
1 tablespoon canola oil
1 teaspoon vanilla extract
1/8 teaspoon orange oil
2-1/4 cups whole wheat pastry flour
1 teaspoon baking powder

Instructions:

In a large bowl combine yeast in the warm orange juice and allow to set for about 15 minutes. Place soy milk, canola oil, vanilla, orange oil, flour and baking powder in the bowl with the yeast. Cover bowl and place in a warm spot for about 30 minutes. Heat waffle iron. Pour batter into heated waffle iron and cook until brown.

Overnight Breakfast Granola

Serves 6

Ingredients:

9 oz rolled oats
4 oz dried apricots, roughly chopped
4 oz raisins
2 oz almonds, roughly chopped
½ cup of pure apple juice

Instructions:

Mix together the oats, raisins, apricots and almonds. Stir in the apple juice. Cover and refrigerate overnight.

Next morning, arrange the cereal in separate bowls and serve with natural yogurt, fresh fruit and a drizzle of honey.

Peaches with Strawberry-Yogurt Sauce

Ingredients:

4 fresh ripe peaches

For the Strawberry-Yogurt Sauce:

1 cup frozen or fresh strawberries (raspberries if preferred)
1/2 cup plain yogurt
1 tbsp granulated sugar or honey

Fresh strawberries to garnish

Method:

Peel the peaches and slice (Tip: blanch the peaches in boiling water to make it easier to peel)

For the Strawberry-Yogurt Sauce combine strawberries, yogurt and sugar in blender or food processor and blend until smooth. Chill in refrigerator until needed.

When serving, put the peaches on individual dishes and spoon the yogurt sauce on top. Decorate with fresh strawberries for a delicious and light dessert.

Power Breakfast Smoothie

Ingredients:

1 banana, chopped
1 kiwi, peeled
½ apple, chopped
½ cup of frozen mixed berries
1 cup orange juice
½ cup soy milk
½ cup low fat plain yogurt
3 tbsp unsalted peanut butter
2 tbsp flaxseed oil

Method:

Combine the various fruits and orange juice in a blender and process everything until nice and smooth. Add the rest of the ingredients and blend until well mixed.

Enjoy this very healthy breakfast smoothie that is rich in antioxidants, vitamins, and fiber and that will give you the best possible start to your day.

Raspberry Muffins

Ingredients:

1/4 cup fat-free egg product
1 1/2 cups all-purpose flour
1 cup whole grain cereal, slightly crushed
1/4 cup skim milk
1/4 cup canola oil
1 tablespoon grated lemon peel
2 teaspoons baking powder
1/2 teaspoon baking soda
1 container (6 oz) lemon fat-free yogurt
1/2 cup fresh or frozen (partially thawed) raspberries

Instructions:

In mixing bowl beat egg product, flour, cereal, milk, oil, lemon peel, baking powder, baking soda and yogurt until all dry ingredients are moistened. Gently fold in raspberries. Preheat oven to 400 degrees. Line muffin tin with baking cups. Fill cups 2/3 full of batter. Bake 15 to 18 minutes or until light brown.

Saturday Morning Omelet

Ingredients:

2 cups egg substitute
1 large egg
Hot pepper sauce (to taste)
1/4 cup vegetable juice
3 tablespoons green onions, chopped
1/8 teaspoon ground black pepper
1/2 cup shredded low-fat cheddar cheese

Instructions:

Place the vegetable juice in a large skillet over low heat. When the juice is hot add the onions and pepper. Cook until the onions begin to tender about 5 minutes. Be sure to stir often. Place the egg substitute, egg and hot sauce in a large mixing bowl. Whisk until mixture becomes foamy. Add egg mixture to the skillet. When set sprinkle the cheese over the omelet. Fold omelet over. Remove from skillet and serve.

Sausage Casserole

Ingredients:

1 lb good-quality pork sausages
½ lb bacon, diced
½ lb onion, diced
1 garlic clove, crushed
6 oz mushrooms
½ tsp dried thyme
1 tsp all-purpose flour
1 bay leaf
1 cup red wine
Salt and pepper

Instructions:

Heat some vegetable oil in a frying pan and brown the sausages, then remove from pan. Add the bacon, onion and garlic and cook until the bacon pieces are nicely browned. Sprinkle with flour and stir well. Then add the wine, sausages, thyme, bay leaf and season well. Bring to a quick boil, then reduce temperature, cover and simmer for about 30 minutes.

Meanwhile, brown the mushrooms in a small frying pan with a bit of oil and add to the sausage mixture. Continue cooking until the casserole is piping hot and the sausages are cooked through.

Scrambled Tofu on Toast Breakfast

Serves 2

Ingredients:

5 oz firm tofu

Pinch of turmeric

2 tbsp vegetable oil

Toast

Salt and pepper

Instructions:

Drain the tofu and mash it with a fork until smooth. In a frying pan, heat the vegetable oil and add the tofu. Season with salt, pepper and turmeric and – stirring constantly - fry until hot and lightly brown.

Serve immediately on toast together with vegetarian sausages and fried tomatoes.

Sunday Morning Tofu Scramble

Ingredients:

1 lb firm tofu, mashed

1 cup of vegetables of your choice (mushrooms, onions, tomatoes, broccoli etc), sliced and diced

1 tsp onion powder

1/8 tsp turmeric

½ tsp salt

Instructions:

Heat oil in a skillet and stir-fry the tofu for a few minutes. Add the remaining ingredients and stir well.

Cook for a further 6 – 7 minutes until the vegetables are tender.

This makes a great vegan alternative to egg scramble.

Roasted Tomato Scrambled Eggs

Ingredients:

1 teaspoon olive oil
1/2 cup diced tomatoes
4 large eggs
1/8 teaspoon pepper
2 tablespoons chopped dill

Instructions:

Spray a skillet with a nonstick cooking spray. Place the skillet over medium heat. Spread the tomatoes in the bottom of the skillet. Cook 2 minutes stirring once or twice. Drain the tomatoes on a piece of paper towel. Clean and spray the skillet again. Place the eggs in a mixing bowl. Add the pepper and whisk to incorporate the pepper and fluff the eggs. Add the tomatoes and stir to combine. Pour the egg mixture into the prepared skillet. Place the skillet over low heat. Stir the eggs continuously. As the eggs begin to firm, sprinkle the dill over the top. Continue to stir until the eggs are as done as you like. Consume immediately.

Spiced Up Turkey Breakfast Patties

Ingredients:

2 pounds lean ground turkey
1 tsp dried sage
1 tsp. pepper
1/2 tsp. ground ginger
1/2 tsp. cayenne pepper

Instructions:

Place the turkey into a large mixing bowl. Add the sage, pepper, ginger and cayenne pepper. Mix with your hands until completely incorporated together. Make the mixture into patties about 2 1/2 inch thick. Place a scant amount of canola oil into a large skillet and place over medium heat. When the oil is hot but not smoking brown the patties for 6 minutes. Turn the patties and continue cooking 4 minutes longer or until the meat is no longer pink. Drain well by laying on a paper towel before serving.