

# Breakfast Cookbook

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## Breakfast

### Blueberry Sauce For Waffles/Pancakes

#### Ingredients

1 pound can blueberries  
2 teaspoons cornstarch  
1 teaspoon lemon juice

#### Method

Cook and stir one (1) pound can of blueberries with 2 teaspoons cornstarch til mixture thickens and bubbles. Add 1 teaspoonful lemon juice.

### 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 --

#### Method

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.

## 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

### Method

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

## 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

### Method

**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.

## 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

### Method

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.

## 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

### Method

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.

## 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

### Method

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.

## 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

### Method

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 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

### Method

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 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

### Method

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

## 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

### Method

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.

## 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

### Method

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.

## 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

### Method

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.

## **Favorite Blueberry Pancakes**

### **Ingredients**

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

### **Method**

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.

## **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

### **Method**

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.