

food MORNING MEALS



whole-grain blueberry muffins

These muffins are moist and tender, with a soft, fluffy texture. They are perfect for breakfast or as a snack.

- 1 cup whole-grain flour
- 1/2 cup all-purpose flour
- 1/2 cup rolled oats
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1/2 cup milk
- 1/2 cup buttermilk
- 1/2 cup vegetable oil
- 1/2 cup blueberries
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp vanilla extract



scrambled eggs with beans, tomatoes, and pesto

This dish is a quick and easy breakfast option. It's packed with protein and healthy fats.

- 4 large eggs
- 1/2 cup black beans
- 1/2 cup cherry tomatoes
- 1/2 cup pesto
- 1/2 cup milk
- 1/2 cup cheddar cheese
- 1/2 tsp salt
- 1/2 tsp pepper

Directions: 1. Crack the eggs into a bowl and whisk with a fork. 2. Add the milk and whisk again. 3. Heat a non-stick pan over medium heat and add the butter. 4. Pour the egg mixture into the pan and cook until the eggs are set. 5. Add the beans, tomatoes, and pesto. 6. Sprinkle with cheese and salt and pepper. 7. Serve hot.



Basic Quiche Recipe by Diane Bach

prep: 20 minutes serves: 6-8

- 1 frozen deep-dish pre-made pie crust
- 6 eggs
- 1/2 cup of whole milk or cream (optional)
- 1/2 tsp nutmeg
- 1/2 tsp salt and pepper
- 1 cup of a cooked vegetable (broccoli, spinach, mushrooms)
- 1/2 cup of grated cheese (cheddar, Swiss, or cheddar)
- 1/2 cup of a hard cheese like Parmesan or Asiago (grated)

DIRECTIONS:

- 1) Pre-heat oven to 375 degrees. Bake the crust for 10 minutes.
- 2) Bake the crust for about 10 minutes.
- 3) Sprinkle the crust with the cheese.

ALMA OLIVERA Photos: LA BROS / PHOTOS.COM

My Recipe Collection By

Sabine Zange



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