

Most Wanted Breakfast Recipes



Your Favorite Dishes At Your Fingertips

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Andouille Breakfast Tacos

Ingredients:

1/4 c redbell pepper; sliced into 1/4 inch thick then chopped

Tabasco sauce

1 Tbsp of butter

2 eggshell-half full of milk

2 pcs tortillas (flour)

1 garlic clove; minced

2 large eggs

Salt and pepper

1/2 c of cheese (Jack and Cheddar)

1/2 c of chopped andouille

1/4 c of chopped white onions

Instructions:

Saute onions, peppers, garlic and andouille for five minutes. Have eggs broken into small jar. Fill both halves of the eggshell w/ milk and add into eggs. Combine Tabasco sauce, salt and pepper. Cover jar then shake well to thoroughly combine.

Add the butter into veggies and andouille. Combine egg mix, then scramble. Remove from heat then stir in butter, then combine well. Quickly warm tortillas. Scoop mixture into flour tortillas, and tightly roll.

Apple Breakfast Bar

Ingredients:

1 c of whole-wheat flour
1/2 c of raisins
1/2 tsp of salt
2/3 c of sugar (brown); packed
1/2 c of prunes; dried and chopped
1 tsp of baking powder
2 pcs eggs
1/4 tsp of baking soda
3/4 c of plain yogurt
3/4 c of flour (all-purpose)
1/2 c of apricots; dried and chopped
1/4 c of wheat bran
1/2 tsp of cinnamon
1/4 tsp of nutmeg
1 pc apple; grated
1/4 c of oil (vegetable)



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Instructions:

Combine sugar, flours, prunes, apricots, raisins, (baking) powder & soda, bran, salt, cinnamon, apple and nutmeg. Set mixture aside. Separately whisk oil, eggs and yogurt together. Blend into your dry mixture 'til combined then pour into greased baking pan (square,9-inch).

Bake at 350 degrees F for thirty-five to forty minutes , 'til cake test is completed. Allow to cool before cutting into cake bars.

