

Healthful Breakfast Recipe

BANANA PANCAKES

Servings: 4 (10-15 pancakes) | Time: 20 minutes

INGREDIENTS

2 cups flour	4 bananas
¼ cup brown sugar	2 eggs, lightly beaten
2 teaspoon baking powder	1 ½ cups milk
1 teaspoon baking soda	1 teaspoon vanilla
1 teaspoon salt	Serve with butter & syrup

DIRECTIONS

1. Preheat oven to lowest setting to keep finished pancakes warm
2. Combine flour, sugar, baking soda and powder, salt in a bowl and mix
3. In another bowl, mash 2 bananas with a fork, add milk, eggs, vanilla and mix until well combined
4. Add dry ingredients to banana mixture, stir until just combined
5. Let sit for 10-15 minutes, and slice the remaining 2 bananas
6. Heat a non-stick or cast-iron skillet over medium. Once hot, melt about ½ teaspoon of butter and ladle in batter (¼ cup or so)
7. As soon as in the skillet, at 3-4 banana slices onto the uncooked batter. Once edges dry and bubbles form, time to flip (30-60 second per side)
8. Place cooked pancakes in warm oven, repeat steps 6-7 until all batter gone



SIDE NOTES:

The bananas give a creamy consistency and delicious flavor to pancakes. It is also a great way to get rid of aging bananas that are mushy, an alternative to making banana bread!

Tips:

Tender pancakes come from not overmixing the batter. Therefore in step 4, a few small flour pockets are nothing to worry about!

You can make any size you like, but smaller pancakes are easier to flip



Healthful Breakfast Recipe

TOMATO SCRAMBLED EGGS



Servings: 2 | Time: 20 minutes

INGREDIENTS

½ tablespoon butter

4 small/2 large, chopped tomatoes (2 cups chopped canned tomatoes)

4 eggs

Salt and pepper to taste

DIRECTIONS

1. Melt butter in a small or medium nonstick pan over medium heat, swirl around to coat pan. Add tomatoes and cook until they release their juices, and most has evaporated, 5-7 minutes
2. As tomatoes are cook, crack eggs into bowl and add salt and pepper. Beat the eggs lightly with a fork.
3. Turn heat to low and add the eggs to the pan. Using a spatula, gently mix the eggs with the tomatoes and stir carefully and continuously to keep the eggs from forming chunks. Turn heat down as low as possible; the slower the eggs cook the creamier they will be.
4. Once eggs cooked to your desired consistency, turn off the heat and add any chopped herbs (see side note), toss and serve.

SIDE NOTES:

This dish is best enjoyed when tomatoes are plentiful and in season.

Any type of tomato will work: Beefsteak, slicing Roma, cherry/grape tomatoes, and if fresh tomatoes are not available, canned tomatoes work too!

Tips:

- Top with fresh chopped herbs: basil, oregano, thyme, cilantro
- Serve alongside toast or tortillas



Healthful Breakfast Recipe

BASIC OATMEAL

Servings: 2 | Time: 20 minutes

INGREDIENTS

- 1 cup rolled oats
- 2 cups water
- ¼ teaspoon salt

DIRECTIONS

1. Add the oats, water, and salt to a small pot and bring to a boil over medium heat. Immediately turn the heat to low and place a lid on the pot.
2. Cook for 5 minutes until the oats are soft and tender and most of the water has evaporated. You can add more

PUMPKIN VARIETY

Additional Ingredients: ½ cup canned pumpkin, ¾ cup milk, 2 tablespoons brown sugar, 1 teaspoon ground cinnamon (+/- ¼ teaspoon ground ginger or cloves)

- Whisk pumpkin, milk and 1 ¼ cup water in a pot. Add oats, salt, brown sugar, and spices. Cook over medium until boiling as above.

SAVORY VARIETY

Additional Ingredients: 2 scallions chopped, ¼ cheddar, 1 teaspoon butter, 2 eggs

- Cook oatmeal, add scallions in step 1. Stir in cheese once done. In separate pan, melt butter and cook eggs over easy ~2-3min. Top each bowl with egg



SIDE NOTES:

Other Varieties:

Coconut Lime: add coconut flakes and lime juice

Fruity: add in ½ cup of berries or chopped fruit 2 minutes before oatmeal is done

Apple Cinnamon: use apple juice instead of water then add 1 teaspoon cinnamon, top with 1 apple chopped.

Chocolate: Replace 1 cup of water with milk, add in 1 tablespoon of each cocoa and sugar

