

## **RECETTES DE PETIT-DÉJEUNER FACILES**

### **(EASY BREAKFAST RECIPES)**

#### **Muffins**

##### **Ingredients**

- 1  $\frac{3}{4}$  cups all-purpose flour
- $\frac{1}{3}$  cup sugar
- 2 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- 1 egg, beaten
- $\frac{3}{4}$  cup milk
- $\frac{1}{4}$  cup cooking oil

##### **Directions**

1. Preheat oven to 400 degrees F. Grease twelve 2-1/2-inch muffin cups or line with paper bake cups; set aside. In a medium bowl combine flour, sugar, baking powder, and salt. Make a well in center of flour mixture; set aside.
2. In another bowl combine egg, milk, and oil. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy).
3. Spoon batter into prepared muffin cups, filling each  $\frac{2}{3}$  full. Bake for 18 to 20 minutes or until golden and a wooden toothpick inserted in centers comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups; serve warm.
4. Makes 12 muffins.

## **From the Test Kitchen**

### **Poppy Seed Muffins:**

Prepare as above, except increase sugar to 1/2 cup and add 1 tablespoon poppy seeds to flour mixture.

### **Cheese Muffins:**

Prepare as above, except stir 1/2 cup shredded cheddar cheese or Monterey Jack cheese into flour mixture.

### **Blueberry Muffins:**

Prepare as above, except fold 3/4 cup fresh or frozen blueberries and, if desired, 1 teaspoon finely shredded lemon peel into batter.

### **Banana Muffins:**

Prepare as above, greasing muffin cups (do not use paper bake cups). Reduce milk to 1/2 cup. Stir 3/4 cup mashed banana and 1/2 cup chopped nuts into flour mixture along with the egg mixture.

### **Cranberry Muffins:**

Prepare as above, except combine 1 cup coarsely chopped cranberries and 2 tablespoons additional sugar; fold into batter.

### **Oatmeal Muffins:**

Prepare as above, except reduce flour to 1-1/3 cups and add 3/4 cup rolled oats to flour mixture.

## **Crustless Spinach Quiche**

### **Ingredients**

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 5 eggs, beaten
- 3 cups shredded Muenster cheese
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

### **Directions**

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie pan.
2. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.
3. In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.
4. Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

## **Pancakes**

### **Ingredients**

- 1 cup all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 beaten egg
- 1 cup milk
- 2 tablespoons cooking oil

### **Directions**

1. In a medium mixing bowl stir together the flour, sugar, baking powder, and salt. Make a well in the center of the dry mixture; set aside.
2. In another medium mixing bowl combine the egg, milk, and cooking oil. Add egg mixture all at once to the dry mixture. Stir just till moistened (batter should be lumpy).
3. For standard-size pancakes, pour about 1/4 cup batter onto a hot, lightly greased griddle or heavy skillet. For dollar-size pancakes, pour about 1 tablespoon batter onto a hot, lightly greased griddle or heavy skillet. Cook over medium heat about 2 minutes on each side or till pancakes are golden brown, turning to second sides when pancakes have bubbly surfaces and edges are slightly dry. Serve warm. Makes 8 to 10 standard-size (4-inch) or 36 dollar-size (2-inch) pancakes (8 servings).

## **From The Test Kitchen**

### **Buckwheat Pancakes:**

Prepare Pancakes as at left, except substitute 1/2 cup whole wheat flour and 1/ cup buckwheat flour for the all-purpose flour; substitute brown sugar for the sugar. Nutrition Facts per serving: 111 cal., 5 g total fat (1 g sat. fat)

### **Buttermilk Pancakes:**

Prepare Pancakes as at left, except reduce baking powder to 1 teaspoon and add 1/4 teaspoon baking soda to dry mixture; substitute buttermilk or sour milk for the milk. Add additional buttermilk to thin batter, if necessary. Nutrition Facts per serving: 111 cal., 4 g total fat (1 g sat. fat)

## **Crepe (4 servings)**

### **Ingredients**

1 cup all-purpose flour  
2 eggs  
1/2 cup milk  
1/2 cup water  
1/4 teaspoon salt  
2 tablespoons melted butter

### **Directions**

Whisk the flour and the eggs together in a large mixing bowl. Slowly stir in the milk and the water. Add the salt and butter, and beat the mixture until smooth.

Heat a griddle or frying pan to medium. Give it a very light spray of cooking oil. Drop the crepe mixture onto the heated surface. Using about a 1/4 cup of batter for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly. "Thin is in" when it comes to the layer of batter.

Cook each side until the golden brown brown (about 2 minutes for side one -- batter will bubble; and 1 minute for side 2). Gently remove and place on a plate. Place waxed paper between cooked crepes to prevent sticking.

This will make 8 crepes. 2 crepes make a serving.

*One recipe and you can make a thousand different kinds of crepes. Use any filling or topping you can imagine. This is just a good basic, go-to crepe recipe.*

## **Berry Sauce for Crepes and Pancakes**

### **Ingredients**

3 cups fresh or frozen berries (blueberry, raspberry, strawberry)

1/2 cup water

1 teaspoon cornstarch

1 tablespoon sugar

### **Directions**

1. Combine  $\frac{1}{4}$  cup of the water and 3 cups berries in a medium saucepan; bring to a boil and cook at a boil for 5 minutes, scraping the bottom as needed to keep from burning. Dissolve the cornstarch in  $\frac{1}{4}$  cup cold water and add to the saucepan. Add the sugar to saucepan and stir on low heat until thick.

## **20 Minute Honey Granola**

### **Ingredients**

- 4 cups rolled oats
- 1/2 teaspoon salt
- 1 cup almonds ( or other nuts, chopped)
- 1 tablespoon ground cinnamon
- 2 tablespoons ground flax seeds (optional)
- 1/3 cup oil ( coconut oil works really well)
- 2/3 cup honey
- 1 teaspoon vanilla extract

### **Directions**

1. Heat oven to 300 degrees.
2. Combine oats, nuts, salt, cinnamon and flax in a large bowl and set aside.
3. Combine oil, honey and vanilla in another, smaller bowl.
4. Mix wet ingredients into dry - you may need to use your hands.
5. Then spread the mixture onto two cookie sheets lined with foil or parchment.
6. Bake 10 minutes. Then remove from oven and stir.
7. Bake an additional 10 minutes or until slightly golden.
8. Remove from oven and allow to cool completely.
9. When cooled, transfer into an airtight container for storage.



## **“Our Favorite Recipes”**

### **Healthy Moist Banana Bread**

#### **Ingredients**

2 eggs  
½ cup melted coconut oil (or olive oil)  
⅓ cup honey or maple syrup  
¼ cup milk or Greek yogurt  
1 teaspoon vanilla extract  
1 cup mashed ripe bananas (about 2-3 medium bananas)  
1¾ cups white whole wheat flour or regular whole wheat flour  
½ teaspoon ground cinnamon (optional) Coupons  
1 teaspoon baking soda  
½ teaspoon salt  
½ cup dark chocolate chips (or chopped walnuts, raisins), optional  
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#### **Directions**

1. Preheat oven to 325F. Grease a 9x5 inch loaf pan and set aside.
2. In a medium bowl, whisk the flour, cinnamon, baking soda and salt. Set aside.
3. In a large bowl, beat eggs, oil, honey, milk and vanilla for 2 minutes.
4. Stir in the bananas, flour mixture and chocolate chips (or any other add ins of choice).
5. Pour batter into greased pan, sprinkle with some more cinnamon, raw sugar, or banana slices (optional)
6. Bake for 50-55 minutes or until a toothpick inserted comes out clean. Cool for 10 minutes, slice and enjoy!

#### **Notes**

To make this bread gluten free: Use Bob's Red Mill gluten free flour.

For dairy-free/vegan: use almond milk and flax eggs and maple syrup.

## **Braised Balsamic Chicken**

### **Ingredients**

6 skinless, boneless chicken breast halves

1 teaspoon garlic salt

ground black pepper to taste

2 tablespoons olive oil

1 onion, thinly sliced

1 (14.5 ounce) can diced tomatoes

¼ cup balsamic vinegar

2 teaspoons italian seasoning

### **Directions**

Season both sides of chicken breasts with garlic salt and pepper. Heat olive oil in a skillet over medium heat; cook seasoned chicken breasts until chicken is browned, 3 to 4 minutes per side. Add onion; cook and stir until onion is browned, 3 to 4 minutes.

Pour diced tomatoes and balsamic vinegar over chicken; season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes. Serve over pasta, couscous or rice.

## **“Parfait” Parfait!**

### **Ingredients**

- 1 box instant vanilla pudding
- 1 cup heavy whipping cream
- 1 tablespoon sugar
- 1 cup graham cracker crumbs
- 2 pints strawberries
- 1 pint blueberries

### **Directions**

1. Prepare pudding as instructed on box
2. Beat heavy cream in bowl with electric mixer, slowly add sugar, continue beating until fluffy
3. Slice strawberries
4. Layer ingredients in clear/glass cups (4-6 depending on size)
5. Serve and enjoy!

## **Sesame Honey Pineapple Ginger Vegetarian Stir Fry**

### **Ingredients:**

For the Sauce:

1/2 cup vegetable broth (or water)  
1/2 cup pineapple juice  
1/4 cup soy sauce  
2 Tablespoons honey  
1 Tablespoon fresh grated ginger  
2 cloves garlic, minced  
3 tablespoons corn starch  
2 teaspoons sesame oil

### **For the Stir Fry:**

1 Tablespoon olive oil  
2/3 cup roasted, salted cashews (optional- we substituted with shrimp!)  
2 cups broccoli florets, chopped  
3 medium carrots, peeled and cut into long strips  
2 red peppers, sliced  
1½ teaspoons corn starch  
2 zucchini, thinly sliced  
4 baby bok choy, chopped  
1 cup fresh pineapple, diced  
For serving: White Rice, thinly sliced green onions, and toasted sesame seeds

### **Instructions**

Cook rice for serving, if desired.

In a bowl or large glass measuring cup combine the ingredients for the sauce. Whisk together the vegetable broth, pineapple juice, soy sauce, cooking sherry, honey, ginger, garlic, cornstarch, and sesame oil.

Heat a large skillet or wok over high heat. Add 1 tablespoon sesame oil and once hot add the cashews along with 1/4 cup of the sauce. Cook 1-2 minutes or until the cashews are lightly toasted and caramelized. Remove the cashews to a plate.

Add the broccoli, carrots, peppers, and cornstarch to skillet. Stir fry the veggies for 5 minutes. Add the zucchini, bok choy, and pineapple and stir fry for 5-10 more minutes.

Add the sauce and cook until the sauce thickens and coats the veggies and the pineapple is beginning to caramelize, about 3 minutes.

Place rice in a bowl and top with veggies. Sprinkle caramelized cashews, green onions, and toasted sesame seeds over top. Serve immediately.

## Healthy Zucchini Bread

### Ingredients

3/4 cup roughly chopped raw walnuts or pecans (optional)  
1/3 cup melted coconut oil or extra-virgin olive oil\*  
1/2 cup honey or maple syrup  
2 eggs  
1/2 cup milk of choice or water  
1 teaspoon baking soda  
1 teaspoon ground cinnamon + more to swirl on top  
2 teaspoons vanilla extract  
1/2 teaspoon fine-grain sea salt  
1/4 teaspoon ground nutmeg  
1 1/2 cups grated zucchini (you'll need 1 small-to-medium zucchini, about 7 ounces—if your grated zucchini is very wet, squeeze out the excess moisture over the sink before stirring it into the batter)  
1 3/4 cups white whole wheat flour or regular whole wheat flour

### Instructions

Preheat oven to 325°F. Line a small, rimmed baking sheet with parchment paper for easy cleanup, and grease a 9" x 5" loaf pan to prevent the bread from sticking. Once the oven has finished preheating, pour the chopped nuts onto your prepared baking sheet. Bake until the nuts are fragrant and toasted, about 5 minutes, stirring halfway. In a large mixing bowl, combine the coconut oil and honey. Beat them with a whisk until they are combined. Add the eggs and beat well. (If your coconut oil solidifies on contact with cold ingredients, simply let the bowl rest in a warm place for a few minutes, like on top of your stove, or warm it for about 20 seconds in the microwave.) Add the milk, baking soda, cinnamon, vanilla, salt and nutmeg, and whisk to blend. Switch to a big spoon and stir in the zucchini, then add the flour and stir just until combined. Some lumps are ok! Gently fold in the toasted nuts now. Pour the batter into your greased loaf pan and sprinkle lightly with additional cinnamon. If you'd like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean. Let the bread cool in the loaf pan for 10 minutes, then transfer it to a wire rack to cool for 20 minutes before slicing it with a sharp, serrated knife. This bread is moist, so it will keep for just 2 to 3 days at room temperature. Store it in the refrigerator for 5 to 7 days, or in the freezer for up to 3 months or so. I like to slice the bread before freezing and defrost individual slices, either by lightly toasting them or defrosting them in the microwave.