



Breakfast Ideas

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"Spruce" Up Your Breakfast

1. Serve the juice in champagne flutes or fancy glasses.
2. Add Pineapple Juice to your Orange Juice
3. Use metal looking disposable silverware. (Looks REAL!)
4. Raise serving plates on Tupperware covered with bright napkins for a "designer" setting.
5. Garnish your plates, oranges, strawberries, nuts, whipped topping, powdered sugar for a "gourmet chef" look.
6. Use colored plates from a dollar or party store.
7. Use fresh or dry flower arrangements as a centerpiece.
8. Use Bundt Pans to bake bread for a prettier loaf.

Blender (Wheat) Waffles

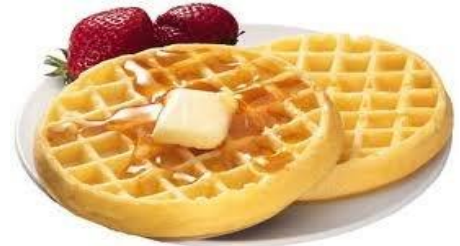
Using the blender for these delicious waffles makes clean-up quick and easy.

1 Cup Milk (3 T Dry powdered milk and 1 C. Water)
1 Cup + 2 T Wheat Kernels, whole & uncooked
2 Eggs (2 T Powdered Eggs and 1/4 C. Water)
2 Ripe Bananas
2 tsp. Baking Powder
1/2 tsp. Salt
1/4 Cup Oil
2 Tbs. Sugar
Chopped Walnuts (Optional)

Put milk and wheat kernels in blender. Blend on highest speed for 4 or 5 minutes or until batter is smooth. Add eggs, ripe bananas, oil, baking powder, salt and honey or sugar to above batter. Blend on low. Pour batter into hot prepared waffle iron from the actual blender jar Sprinkle chopped walnuts on top before baking. Cook: They will take slightly longer to cook than regular waffles--keep checking. Serve with Carmel Syrup.



Put milk and wheat kernels in blender. Blend on highest speed for 4 or 5 minutes or until batter is smooth. Add eggs, oil, baking powder, salt and honey or sugar to above batter. Blend on low. Pour out batter into pancakes from the actual blender jar (only one thing to wash!) onto a hot greased or Pam prepared griddle or large frying pan. Cook; flipping pancakes when bubbles pop and create holes.



Caramel Syrup

1/2 C. Buttermilk or 1/2 Cup Milk with 1/2 tsp. Vinegar
2 C. Sugar
1/2 C. Butter
2 T. Corn Syrup (not essential – it will help your syrup keep longer)
2 t. baking soda
1 t. Vanilla
Mix ingredients EXCEPT vanilla in a pot and boil for 3 minutes.
Add vanilla and stir.

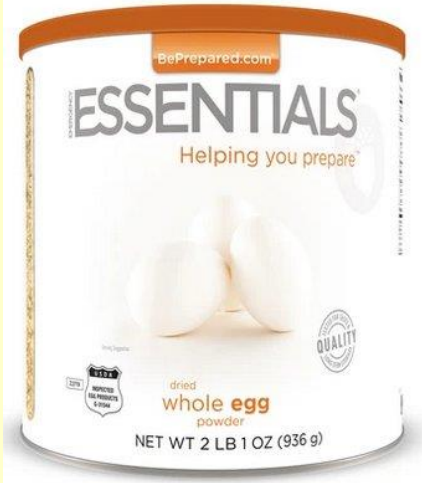
Blender (Wheat) Pancakes

1 Cup Milk (3 T. Dry powdered milk + 1 C. Water)
1 Cup Wheat Kernels, whole & uncooked
2 Eggs (2 T. powdered eggs 1/4 C. Water)
2 tsp Baking Powder
1 1/2 tsp Salt
2 Tbs. Oil
2 Tbs. Honey or Sugar



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Dehydrated/Powdered Egg Mix

They are great for baking. You cannot taste a difference. Don't be scared to use dehydrated eggs.

Did you know that those packaged cakes, brownies, or cookies where you just add water have dehydrated eggs in them (also probably along with powdered milk).

But don't just take my word for it...try them out for yourself.

1. With 226 eggs in a #10 can, you will never run out.
2. Easy to use (1 T egg mix + 2 T water)
3. Can use only ½ egg easily!



1 cup flour
3 eggs (3 T. Powdered Eggs Mix + 6 T. water)
1 cup milk (1/3 c. Powdered Milk + 7/8 c. water)
¼ tsp. Salt

Try this with grated cheese sprinkled – then roll, starting with a short side. Place seam-side down on a serving platter. Cut into ¾ inch slices.

Or have it for dinner with roast beef and smother it with gravy. Delicious either way!



8 Eggs
(1/2 C. Dehydrated Eggs + 1 C. Water)
1/2 C. half and half cream
(3 T. powdered milk + 1/2 C. Water)
1 C. Shredded Cheddar Cheese
1 C. Finely Chopped Fully Cooked Ham
1/4 C. Finely Chopped Green Pepper
1/4 C. Finely Chopped Onion (or 2 T. dehydrated onion)

Baked Egg Roll

This is the same recipe that my English Grandmother gave me for Yorkshire Pudding (not really a pudding though). It's delicious no matter how your stuff it!

Directions:

- 1) Place eggs and milk in a blender. Add the flour and salt; cover and process until smooth. Pour into a greased 9x13 pan. Bake at 450 for 20 minutes or until eggs are set.
- 2) Fill with (your choice). Roll up in pan, starting with a short side. Place with seam side down on a serving platter. Cut into 3/4 inch slices.

TIP: If yours puffs up, don't worry. Just poke holes in the "bubbles" and it will still roll up fine.

Baked Omelet

This is a perfect solution to having a large group over for brunch with out any headache or mess. Plus it's tasty! I just served it with some fruit and fresh-out-of-the-oven bread. They loved it!

Directions:

- 1) In a bowl, whisk the eggs and cream until light. Stir in the cheese, ham, green pepper and onion.
- 2) Pour into a greased 8x8 square baking dish. bake at 400 for 25 minutes or until golden brown
- 3) If you want, topped with extra cheese, tomatoes, and green onion.

For more tips and recipes for using food storage, visit <https://www.FamilySurvivalPlanning.com/>