

MAKE YOUR OWN BREAKFAST

Yogurt Sundaes

Breakfast Tacos

Brown Sugar Sausages

Blueberry Muffins

Fresh Squeezed Orange Juice

YOGURT SUNDAES

Piled high with fresh fruits, yogurt and granola, these sundaes make a delicious - and healthy - breakfast.

INGREDIENTS

- 1 cup of plain yogurt
- 2 tbsp honey
- $\frac{1}{4}$ tsp. vanilla extract
- $\frac{1}{4}$ cup diced strawberries
- $\frac{1}{4}$ cup diced mango
- $\frac{1}{4}$ cup blueberries
- $\frac{1}{4}$ cup blackberries
- $\frac{1}{4}$ cup diced kiwifruit
- $\frac{1}{4}$ cup fresh orange juice
- $\frac{1}{2}$ cup Blackberry Farm granola

INSTRUCTIONS

- In a small bowl, stir together the yogurt, honey and vanilla. Set aside
- In another small bowl, combine the strawberries, mango, blueberries, blackberries and kiwifruit
- Add the orange juice and stir gently until mixed
- Have ready 2 clear glass serving dishes
- Spoon $\frac{1}{4}$ of the yogurt mixture into each dish
- Top each serving with $\frac{1}{4}$ of the fruit mixture and then with $\frac{1}{4}$ of the granola
- Repeat the layers, ending with the granola
- Serve immediately, or cover and refrigerate for up to 3 hours before serving

BREAKFAST TACOS

INGREDIENTS

- 6 eggs
- 1/2 cup milk
- 1 tablespoons butter
- 1 4-ounce can diced green chiles salt and pepper
- 4 10-inch flour tortillas
- 1 cup shredded jack cheese
- sour cream
- salsa

INSTRUCTIONS

- Place the eggs and milk in a bowl and whisk until completely combined.
- Melt butter in a large sauté pan over medium-low heat and add eggs.
- Cook for 5 minutes, stirring frequently.
- Drain the chiles and stir into the eggs. Cook, stirring constantly, for 2-3 minutes, or until the eggs are cooked. Season to taste with salt and pepper.
- Heat tortillas in a pan. Place a tortilla in the center of each plate and spoon the eggs down the middle of each tortilla. Sprinkle the cheese over the eggs and fold the sides of the tortillas over the eggs to close.
- Turn the burritos seam side down and top each with a spoonful of sour cream and salsa.

BROWN SUGAR SAUSAGES

INGREDIENTS

- 1 package bacon
- 1 package Lil' Smokies 2 cups brown sugar

INSTRUCTIONS

- Preheat oven to 350 degrees, line sheet pan with parchment or foil. Place wire rack on sheet pan (this allows the sausages to drain and makes them nice and crispy)
- Cut bacon into 1/3's, and wrap the smokies in one third piece of bacon and secure with a toothpick.
- Cover with brown sugar.
- Bake at 350 for 45 minutes.

Kitchen Note:

Prewrap sausage with bacon and refrigerate covered overnight.

THINK LIKE A CHEF

BLUEBERRY MUFFINS

INGREDIENTS

- 2 cups plus 2 tbsp all-purpose flour
- 1 $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp nutmeg
- $\frac{3}{4}$ cup milk
- 1 large egg
- $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{2}$ cup (1 stick) unsalted butter, at room temperature, plus more as needed for greasing the pan
- 1 cup sugar
- 1 $\frac{1}{2}$ cups fresh blueberries, washed and patted dry, or unfrozen frozen blueberries

INSTRUCTIONS

- Preheat the oven to 400 degrees
- Prepare one 12-cup muffin pan or two 6-cup muffin pans by greasing them or by using muffin papers
- Whisk together 2 cups of the flour and the baking powder, salt and nutmeg in a bowl. In a separate bowl, whisk together the milk, egg and vanilla.
- Using a mixer, beat together the butter and sugar until light and smooth in texture, 3 to 4 minutes. Add the flour mixture in 3 additions, alternating with the wet ingredients, mixing on low speed. Scrape down the side of the bowl with a rubber spatula a few times to make sure

everything blends evenly. Raise the speed to medium and mix until just incorporated, about 1 minute.

- In a separate bowl, sprinkle the remaining 2 tbsp flour over the blueberries and toss to coat them evenly. Using a wooden spoon or rubber spatula, gently mix the blueberries into the batter.
- Divide the batter among the muffin cups. Bake until the tops of the muffins are golden brown and a toothpick inserted into the center of one comes out clean, 18 to 20 minutes.
- Let the muffins cool in the pan on a wire rack for 5 minutes. Remove them from the pan to finish cooling.

Kitchen Science: Baking soda and baking powder are the main chemical leaveners we use in the kitchen. When water is mixed with these products, a chemical reaction takes place, producing carbon dioxide gas. The small gas bubbles get trapped in the dough, and when exposed to heat, the gas expands. This makes the food light and airy and produces volume and texture.

The Toothpick Test: To test if a baked item is done, inserting and then removing a toothpick will help you check the condition of the interior. The recipe will let you know if it should come out "clean" or in some cases "have a few moist crumbs attached," depending on the recipe.

