

BREAKFAST

HOPE Begins with a box

Breakfast Parfaits

Serves 4



A light, summery breakfast to start your day!

Ingredients:

3 Cups Flavored Yogurt
1 Cup Cereal
2 Cups Fresh Fruit, cut up

Directions:

1. Layer 1/3 cup of yogurt into bottom of 4 tall glasses
2. Alternate layers of fruit with cereal & yogurt until glasses are filled to the top.
3. Serve immediately.

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Ham and Potato Hash

Serves 10-12



Ingredients:

3 Tbs	Butter
1	Small White Onion
½	Green Bell Pepper
2-3	Potatoes
1 Cup	Diced Ham
¼ tsp	Salt
Pinch	Black Pepper

Directions:

1. Partially cook the potatoes, then dice: Cut the potatoes in half, cook in a saucepan of simmering water until not quite done and still firm, about 10 minutes. Rinse in cold water to stop cooking. Drain. Dice to ½ inch thick pieces. Set aside.
2. Melt butter in a large cast iron skillet over medium low to medium heat. Add onion, cook until softened, about 4 minutes. Add the chopped bell pepper, cook another 2 minutes.
3. Add the potatoes, ham, salt, and pepper: Add the remaining ingredients; mix well. Cook hash until well browned, about 10 minutes, stirring occasionally.

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French Toast

Serves 5



Ingredients:

1	Egg
½ Tsp	Vanilla extract
½ Tsp	Ground Cinnamon
¼ Cup	Milk
	Sliced Bread

Directions:

1. Beat egg, vanilla, and cinnamon in shallow dish.
2. Stir in milk.
3. Dip bread in egg mixture, turning to coat both sides evenly.
4. Cook bread slices on lightly greased nonstick griddle or skillet on medium heat until browned on both sides.

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French Toast w/ Brown Sugar Apple Rings Serves 4

A delightful Sunday morning brunch or weekend breakfast to be shared with family and friends.



Ingredients:

- 2 Eggs
- 1 tsp Vanilla Extract
- 1 tsp Ground Cinnamon
- ½ Cup Milk
- 8 Sliced Bread, put on counter to dry slightly
- 3 Red Apples, cored and sliced
- 6 Tbs Butter
- ¼ Cup Brown Sugar

Directions:

1. Preheat nonstick griddle on medium heat, until water droplets crackle.
2. Beat eggs, vanilla & cinnamon in shallow dish. Stir in milk.
3. Dip bread in mixture, turning to coat both sides evenly.
4. Place on hot griddle, turn after 2 minutes or until browned. Cook another 2 minutes.
5. Meanwhile, in medium skillet, heat butter until melted.
6. Add apples and cook until tender.
7. Sprinkle with brown sugar and cook another 5 minutes, or until apples are golden brown & caramelized.
8. Serve apples on top of French toast.

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Quesadilla de Crema de Cacahuete

Serves 2

Prep time 6 min, Cook time 4 min

A twist on your traditional quesadilla. Make this for breakfast or a snack. You can add fresh fruit, jelly or even chocolate with it.

Ingredients:

- 2 Tsp butter
- 2 Flour tortillas
- 4 Tbs Peanut butter
- 2 Tbs Of choice jelly
- ¼ cup (optional) of fruit or mini chocolate chip.

Directions:

1. Melt the butter in a skillet over medium heat. Spread one side of the tortilla with peanut butter. Fold tortilla in half so that the peanut butter is on the inside. Place folded tortilla in the skillet, and heat 2 minutes on each side, until lightly browned. Slice into wedges, and dip in the jelly to serve.
2. Enjoy!



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Apple Taquitos

Serves 6

These are really good for breakfast or just for snacking! Top them with finely chopped chocolate if you'd like!

Bake at 350 for 20 minutes or until golden.

Ingredients:

6	Peeled and cored apples, chopped
12	Flour tortillas
½ cup	Crushed sugar cereal
	Some butter
1 tsp	cinnamon
½ cup	Sugar

Directions:

1. Brush a 9x9 pan lightly with butter.
2. Sauté apples in ½ cup water with 2 to 3 Tbs sugar & ¼ tsp cinnamon, until thickened, stirring frequently, adding a little water if too dry before sauce is thick.
3. Place 3 Tbs cooked apples in tortilla and roll up tightly.
4. Spread each rolled tortilla with some butter and sprinkle with cinnamon, sugar, cereal mixture and place in pan, seam side down.
5. Bake until golden.

