

MyPlate Breakfast

***Preheat Oven to 400°**

Banana Waffles

1 3/4 c. flour (1 c. all purpose and 3/4 c. whole wheat)	
1 Tbsp. sugar	1 1/2 c. milk
1 Tbsp. baking powder	2/3 c. mashed bananas (2 medium)
1/4 tsp. salt	1 slightly beaten egg
1/4 tsp. ground cinnamon	2 Tbsp. vegetable oil

1. Preheat a waffle iron.
2. In a large bowl, stir together the flour, sugar, baking powder, salt and cinnamon. Set aside.
3. In a medium bowl, stir together the milk, mashed bananas, egg and oil. Add this to the flour mixture and stir until combined. (The batter will be a little lumpy.)
4. Spoon the batter into a sprayed, hot waffle iron. Bake until they are golden brown and then remove from the waffle iron.

Bacon

1 slice of bacon per person
(You may have more if there is enough left over)

1. Preheat the oven to 400°.
2. Line a cookie sheet with tin foil. Make sure the tin foil wraps up and over the edges of the cookie sheet. Place bacon strips on the tin foil and place in the oven.
3. Bake the bacon for 15-18 minutes or until crispy. Remove from the oven and transfer bacon to a plate with paper towels on it to drain the remaining grease. When the cookie sheet has cooled down, carefully wrap up the paper towels in the tin foil and throw the tin foil away.

Scrambled Eggs

4 large eggs
1/4 c. milk

1. Preheat a small frying pan on medium high heat.
2. Crack eggs, one at a time, into a small mixing bowl. Whisk together until combined. Then, add milk and whisk until smooth.
3. When frying pan is preheated, spray with cooking spray and pour eggs into hot frying pan.
4. Using a turner, move egg mixture back and forth, breaking eggs into smaller pieces as they cook.
5. Continue to cook until all of the egg mixture has been cooked and there is no liquid remaining. Be careful not to let your eggs burn.
7. After cooking, remove from heat.

Hash-Browns

***Your teacher will prepare this for you.**

RECIPE CONTINUES ON NEXT PAGE....

Milk

When your group is ready to eat, each student may pour themselves a small glass of milk to drink.

Condiments/Toppings

When your group is ready to eat, bring your plate up to the supply table to get your condiments/toppings.

Syrup

Soft Serve Butter

Jam

Peanut Butter

Honey Butter