

Breakfast Made Simple!

HOMEMADE BUTTERMILK BISCUITS



Ingredients:

- 2 cups All-purpose flour
- 4 teaspoons baking powder
- ¼ teaspoon baking soda
- ¾ teaspoon of salt
- 2 tablespoons of butter
- 2 tablespoons of shortening
- 1 cup of buttermilk, chilled/cold

Directions:

1. In a large mixing bowl, combine flour, baking powder, baking soda and salt.
2. Add butter and shortening. Mix together with hands until it looks like crumbles.
3. Once well mixed, make a volcano hole in the middle of mixture, add buttermilk.
4. Mix together until it makes a sticky dough
5. Dust countertop with flour, add sticky dough mixture and fold dough (you may need to dust the top with plain flour)
6. Turn until dough is no longer sticky and you can make a dough ball.
7. Flat out dough ball until about 2 inches
8. Take biscuit cutter (or glass), dust in flour and press downward into dough
9. Place biscuits on a sprayed (cooking spray) baking sheet
10. If leftover dough, repeat last 3 steps.
11. Once all biscuits are made, place in oven (450 degrees bake) for 10-15 minutes or until gold brown.
12. Remove take some butter to rub on the top. Serve with gravy, favorite jelly/jam/ honey!

TURKEY SAUSAGE GRAVY

Ingredients:

- 1 pack of smoked turkey sausage
- 2 tablespoons of vegetable cooking oil
- Flour
- Boiled water

Directions:

1. Heat pan on medium-high with a drizzle of vegetable oil
2. Boil some water in a pan or tea kettle
3. Add turkey sausage, crumble in pan
4. Cook Turkey sausage until well done.
5. Remove sausage from pan
6. Turn pan down onto medium, add vegetable oil, and flour
7. Stir constantly, cooking flour until done, (slightly brown)
8. Add boiling water, stirring consistently making a gravy
9. Once gravy is to the right consistency, add turkey sausage crumbles
10. Mix
11. Add salt and pepper to taste!

CHEESY SCRAMBLED EGGS WITH FRESH TOMATO SALSA



Ingredients for Scrambled Eggs:

- 6 eggs
- 1 teaspoon of milk
- 1 tablespoon of butter
- Handful of shredded cheese (any flavor)
- Salt and pepper for taste

Directions:

1. Break eggs into large mixing bowl and beat them with milk
2. Melt butter in heated pan
3. Add egg mixture and stir constantly
4. When halfway done, fold in cheese
5. Remove from heat, put into serving dish!

6. Add salt and pepper for taste!

Ingredients Fresh Tomato Salsa:

- 4 large tomatoes, diced
- 1 medium onion, diced
- 3 cloves of garlic
- 2/3 cups of cilantro, chopped
- 1 jalapenos pepper, seeded and minced
- 2 tablespoons of lime juice,
- Salt (if desired for taste)

Directions:

1. In medium mixing bowl, combine all ingredients minus jalapenos
2. Add jalapenos a little by little for your desired taste.
3. Place in refrigerator for 15 minutes to chill.

FRUIT AND YOGURT PARFAIT



Ingredients:

- 1 large container of Greek Yogurt (plain flavor)
- Fresh strawberries and blueberries, (picked and washed) (or any berries you desire)
- Dried cranberries
- Pumpkin seeds
- Granola

Directions:

1. In large glass bowl, place one layer of berries
2. Next one layer of yogurt
3. Add another layer of berries
4. Add final layer of yogurt
5. Top off with granola, pumpkin seeds and granola
6. Chill until ready to serve!