





# FESTIVE BREAKFAST





## FRENCH TOAST WITH BACON AND CHEESE

### Ingredients:

- 2 eggs
  - 20ml milk or water
  - Pinch of salt
  - Pinch of pepper
  - 1ml cinnamon
  - ½ cup grated cheese, your favourite will do
  - 2 slices bread (white or brown according to preference)
  - 1 or 2 teaspoon oil just to coat the frying pan
  - 30g fried bacon (shoulder or diced will do)
  - Maple syrup
  - Sprigs of parsley (optional)
  - Cherry tomatoes for garnish (optional), NB: normal tomato slices will do
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### Method:

1. In a square dish whisk together eggs, salt, pepper & milk or water.
  2. Heat the frying pan with a bit of oil just coating the pan
  3. Dip bread slices on all sides one at a time, making sure it is completely covered in egg mixture
  4. Put your slices of bread in the pan when it is hot
  5. Fry on both sides until golden brown
  6. Remove from the pan and sprinkle with cinnamon
  7. Put the back on the toast
  8. Squeeze some maple syrup on the toast, according to preference, as much as you need
  9. Garnish with parsley and tomato cherries
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## VEGAN FRENCH TOAST

### Ingredients:

- 6 slices day-old ciabatta bread, sliced about  $\frac{3}{4}$  inch thick (You can use your favourite bread)
  - 1 cup Almond Breeze Almond Milk
  - 1 tablespoon maple syrup, plus more for serving
  - 2 tablespoons whole wheat flour
  - 1 tablespoon nutritional yeast
  - 1 teaspoon cinnamon
  - $\frac{1}{4}$  teaspoon freshly ground nutmeg
  - tiny pinch of salt
  - coconut oil, for the pan
  - Toppings:
  - Powdered sugar
  - Vegan butter
  - Maple syrup
  - Fresh fruit
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### Instructions:

1. In a small bowl, whisk together the almond milk, maple syrup, flour, nutritional yeast, cinnamon, nutmeg and salt.
  2. Place the bread in a shallow dish (with sides) that holds all of the bread. Pour the mixture over the bread, then lift or flip the bread over to make sure both sides are evenly coated.
  3. Heat a drizzle of coconut oil in a large skillet over medium heat. When the pan is hot, add the bread slices and cook for a few minutes per side, until golden brown.
  4. Serve with powdered sugar, a dab of vegan butter, maple syrup, and fresh fruit.
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# FESTIVE BREAKFAST



## BREAKFAST EGG MUFFINS/ FRITTATA

### Ingredients (Serves 8):

- 6 x eggs, large
- ½ cup milk or water (if you don't take any milk) or ½ cup heavy cream if you can afford
- 1 tsp salt
- ½ tsp black pepper
- 4 strips bacon diced
- 1 cup chopped onions
- 1 clove chopped garlic
- ½ cup mushrooms sliced
- 4 x cups chopped spinach uncooked
- ½ cup tomatoes diced (cherry tomatoes can be used cut in half)
- ½ cup peppers (green, yellow, red for colour) Butter or margarine for your pan
- ½ cup grated cheese
- Parsley or basil for garnish or chopped chives (optional)

### Method:

1. Pre-heat oven to 180C
2. In a large bowl, whisk together eggs, milk or water or cream, salt and pepper. Set aside in the fridge until ready to use.
3. Fry bacon in a pan until crispy but not burned.
4. Remove bacon from the pan, add onions, garlic, mushrooms and peppers and fry until golden brown.
5. Add tomatoes, spinach, cook until spinach is lightly wilted/soft.
6. Add bacon back to the pan and blend together
7. Add egg mixture and cheese into the pan
8. Combine thoroughly
9. Pour into a greased oven proof pan and bake for 15min or until the eggs are set and no longer runny in the middle
10. Garnish with parsley or basil or chives if desired

**NB:** Mixture can be used for a frittata or butter muffin pan for egg muffins.

Grease muffin pans and spoon mixture in the muffin pans and continue to bake same as for frittata.