



Quick & Easy Breakfast Ideas

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Quick & Easy Breakfast Ideas

Ooey Goopy Breakfast Bagel

By Jennifer Sacramento

*This is a quick and easy breakfast sandwich.
Its messy, its ooey, its gooey and very yummy.*

Ingredients

1 bagel
2 tablespoon low fat cream cheese
2 pieces of bacon
1 fried egg with yolk

Directions

Fry bacon and egg. Toast a bagel spread cream cheese on it and put bacon and egg in between two half's of the bagel and eat. Cut in half and share with a friend or loved one. **Cook time: 10 minutes, servings: 2**



Breakfast Muffin

By Terry & Tabitha Garrison

Muffin-on-the-go breakfast.

Ingredients

1 pound sausage
1/2 stick butter
2 cups shredded cheese
3/4 cup water
3 cups Bisquick
Easy cheese - 1 cheese in a can

Directions

Scramble sausage up with 1/2 stick butter (do not drain). Separately mix can cheese, water, shredded cheese & Bisquick together until all is wet. Add the sausage in. Spray muffin pan. Fill and cook till brown. **Prep time: 15 minutes, cook time: 25 minutes, servings: 10**

Italian Breakfast Burrito

By Kimberlynn Ginger

A flour tortilla with Italian sausage, peppers, onions, and eggs.

Ingredients

1 package of flour tortillas the large size
1-3 eggs, large
1 or 2 Italian sausage
1 or 2 jalapeno peppers

Directions

Scramble your eggs and put in a medium skillet with a little butter. Then chop up your sausages, peppers and onions and cook until just about done. Warm you tortillas a little in the microwave for about 2 minutes, then cook in the oven on 350 degrees(about a couple of minutes until it is a little crispy). Serve warm and eat. **Prep time: 10 minutes, cook time: 10 minutes, servings: 6**



Try something new with your waffles!

Try frozen waffles topped with peanut butter spread and chopped bananas instead of syrurp!



Blueberry Frosty

By Oma

Good, thick drink. You can drink or eat with a spoon.

Ingredients

1 6-ounce can of Thick & Creamy Vanilla Yogurt (preferably French Vanilla, but plain or Very Vanilla are okay)
1 yogurt carton milk (skim, 1%, 2% or whole is okay)
1 cup frozen unsweetened blueberries (not thawed)

Directions

Place all ingredients in blender. Pulse on chop (low speed) until berries are chopped up. Turn blender to liquefy (high) & blend until very thick with no lumps (about 1 to 2 minutes, depending on the blender). This makes approximately 10 or 12 ounces. **Prep time: 3 minutes, cook time: 5 minutes, servings: 1**



Breakfast Croissants

By Jim Klotzbach

Croissant rolls with a chopped nut and brown sugar filling!

Ingredients

Package of Pillsbury crescent rolls
1 bag of chopped pecans
Brown sugar (amount to your liking)
White icing (amount to your liking)



Directions

Open crescent rolls. Spread a layer of brown sugar, and sprinkle a layer of chopped nuts on each. Fold up crescent roll and bake as recommended. When cool, design roll with icing! **Prep time: 5 minutes**

Almond Toast

By Michell Kelly

It's toast with an almond sugar crunch on top!

Ingredients

1 slice of bread
1 teaspoon vanilla
1 teaspoon almond extract
1/2 cup sugar
1 teaspoon butter

Directions

Take a slice of bread and butter the whole top, then mix together a teaspoon of vanilla, a teaspoon of almond extract and a 1/2 cup of sugar and spread that mixture over the bread then toast as usual. Makes up to six slices of toast. The more people the more bread used then double your mixture.

Prep time: 2 minutes, servings: 6

Eggs in a Frame

By J. Robinson

Fast, simple, tasty! Single serving in a single skillet!

Ingredients

1 egg (per sandwich)
1 large slice of bread
Soft butter/margarine
Slice of cheddar cheese (optional)
2 cooked slices of bacon (optional)

Directions

Lightly coat skillet with non-stick cooking spray. Warm skillet to a medium heat. Butter one side of the bread, then cut a hole (large enough for the egg) in the center of the bread. Place bread butter side down into the skillet, then butter the other side. Drop your egg in the hole and allow cooking approximately 1 minute. Flip bread with egg and cook on the other side for 1 minute. Flip it over again, top it with cheese and bacon and cook until cheese is slightly melted. The greatest thing about this single-serving breakfast is that you can keep making one after the other and still be done before the coffees brewed! **Prep time: 2 minutes, cook time: 3 minutes, servings: 1**

Yogurt Rings

By Samantha Deare

Ingredients

1 medium cantaloupe
1 pint of fresh strawberries, sliced
1 pint of vanilla yogurt

Directions

Slice cantaloupe into 1/2 inch slices. In the center of the cantaloupe put a generous amount of the vanilla yogurt. Place about four slices of strawberries on top. **Servings: 5**

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