

TRADITIONAL/NONTRADITIONAL BREAKFAST RECIPES

BREAKFAST SANDWICH

Items needed:

English muffin (one per person)
eggs (one per person)
cheese
choice of ham, bacon, or sausage
orange juice

DIRECTIONS

This is a lab on quick breakfasts. Make your breakfast sandwich by placing your buttered English muffin in the broiler to toast. Watch carefully because it will burn easily. While muffin is toasting, cook egg and choice of meat. Meanwhile, make orange juice. When finished, assemble breakfast sandwich by placing egg, meat, and cheese on the muffin. Eat it with your orange juice and enjoy.

POWER DRINK

1 - 8 oz. plain yogurt
1 ripe banana
1 egg
1 - 10 oz. pkg. frozen strawberries
10 ice cubes

Mix yogurt, banana, egg, and frozen strawberries in a blender until smooth. Then add ice cubes one at a time while continuing to blend. Makes 3 servings.

BANANA MILK

2 cups milk
3-4 ripe bananas
sugar (optional)

Mix milk, bananas and sugar to taste together in a blender. Blend on medium until well-mixed. Makes 3 servings.

ORANGE FROSTY

1/3 c. sugar	1/3 cup powdered milk and
1/2 c. milk	1 1/2 c. water
1 tsp. vanilla	OR
1-6 oz. can frozen orange juice	2 cans of evaporated milk
1 tray ice cubes	

Mix together in a blender the sugar, 1/2 c. milk, vanilla and frozen orange juice. Blend on medium until well-mixed. Continue blending and add ice cubes 2 at a time. Then add the powdered milk **or** the canned milk. Makes 4 servings.

WAKE-UP SHAKE

3/4 c. milk
1/2 c. strawberry yogurt
1 ripe banana
1/4 c. chilled orange juice

Combine all ingredients in a blender until smooth. Makes 2 servings.

OTHER BREAKFAST DRINKS

Try making other drinks with fruits and juices such as: pineapple, kiwi fruit, raspberries, strawberries, peaches, grape juice, apricot juice, etc.

Also try a vegetable drink using tomato juice as the base and blend in cucumbers, celery, broccoli, etc.