**MyPlate Breakfast**

**Pancakes**

**2 c. pancake mix**

**1 1/2 c. water**

**1. Preheat and electric skillet to 375°. (Or, preheat a skillet on medium-high heat.)**

**2. Combine pancake mix and water and whisk until smooth.**

**3. When electric skillet is hot, spray with cooking spray. Test the heat of the skillet with a small drop of batter. When properly heated, pour about 1/2 c. of batter onto the skillet. (Do NOT make your pancakes too big or they will not cook through or turn easily!)**

**4. Let pancakes cook until all of the bubbles around the edges of the pancakes pop and the underside is a golden brown. Turn the pancake over and cook until each side is a golden brown. Remove from skillet and eat.**

**Bacon**

**1 slice of bacon per person**

**1. Place two layers of paper towel on a microwave safe plate.**

**2. Lay bacon slices evenly spaced across the paper towels.**

**3. Cook on high for approximately one minute per slice, turning once halfway through cooking, until they are crispy.**

**4. Remove from microwave, allow for standing time, then eat.**

**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 cereal bowl or small mixing bowl.**

**3. Whisk together until combined. Then, add milk and whisk until smooth.**

**4. When frying pan is preheated, spray with cooking spray. Pour eggs into hot frying pan.**

**5. Using a turner, move egg mixture back and forth, breaking eggs into smaller pieces as they cook.**

**6. 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 and eat.**

**Fruit Juice Hash-Browns**

**Follow package directions. Follow package directions.**

**Condiments/Toppings**

**Syrup Soft Serve Butter Peanut Butter Jam**