

BREAKFAST RECIPES

PANCAKES (recipe for 2 pancakes - appropriate for lab use)

1/2 cup flour	1 1/2 tsp. baking powder
1/3 cup milk	1/4 tsp. salt
1/2 egg	1 1/2 tsp. oil

Mix all ingredients together thoroughly. Spoon onto hot, lightly oiled griddle. Cook on one side until puffed, full of bubbles, and cooked on the edges. Then turn and cook on the other side. Serve immediately.

PANCAKES (from quick-mix)

1 1/2 cups "quick-mix"	1 Tbsp. sugar
3/4 cup milk	1 egg, well beaten

Blend Mix and sugar. Stir milk and egg into Mix until blended. Drop batter from tablespoon onto hot griddle which has been lightly rubbed with oil. Spread cakes out lightly with back of spoon. Cook on one side until puffed, full of bubbles, and cooked on the edges. Then turn and cook on the other side. Serve immediately.

GERMAN PANCAKES

6 Tbsp. butter	1 cup flour
1 cup milk	1/4 tsp. salt
6 eggs	

Melt butter in 9 x 13 inch pan in the oven. Beat eggs, add flour, milk, and salt. Pour batter over melted butter. Bake at 400°F for 15 to 20 minutes. Serve with favorite topping.

PUMPKIN SPICE PANCAKES

2 c. pancake mix	1 1/3 c. milk
1/2 cup canned pumpkin	1/4 c. oil
1 Tbsp. sugar	1 tsp. pumpkin pie spice
2 eggs	

Heat skillet or griddle to 375°F. Grease lightly with oil. In medium bowl, combine all ingredients; stir just until all ingredients are moistened. For each pancake, pour 1/4 cup batter onto hot skillet. Cook 1 to 1 1/2 minutes, turning when edges look cooked and bubbles begin to break on surface. Continue cooking until golden brown. Yields 14 to 16 (4") pancakes.

BREAKFAST RECIPES

MINUTE MUFFINS

3 cups "quick-mix" 3 Tbsp. sugar
1 cup milk 1 egg, beaten

Blend Mix and sugar. Combine milk and egg; add to Mix. Stir quickly and vigorously until just mixed. Batter will look lumpy. Rub muffin pan lightly with oil. Fill one-half full. Bake in a hot oven, 425°F, about 20 minutes.

BRAN MUFFINS

1 1/2 cups "quick-mix" 2/3 cups milk
1 egg 2 tsp. vinegar
1 cup whole bran 1/2 tsp. soda
2 Tbsp. sugar

Place egg in bowl. Beat with whisk or pastry blender. Add sugar and milk combined with vinegar. Continue beating. Blend in whole bran. Add the mix and soda. Stir quickly and vigorously until just mixed. Batter will look lumpy. Rub muffin pans lightly with oil or use paper liners in the muffin pans. Fill one-half full. Bake in a hot oven, 425°F, about 20 minutes. Serve hot with jam or jelly.

APRICOT BREAD (a quick bread is a fun breakfast food, sliced and toasted)

3 cups "quick-mix" 1 cup chopped dried apricots
3/4 cup milk 1/2 cup sugar
1 egg, beaten

Chop apricots. Blend with mix, sugar. Add combined milk and egg. Beat until well blended. Turn into 9 x 5 x 3 inch loaf pan, bottom rubbed with oil. Bake in a moderate oven, 350°F, for one hour. (Twelve hour storage improves the flavor).

VARIATIONS: Use 1 cup chopped nuts instead of apricots.
 Use 1 cup chopped prunes instead of apricots.
 Use 1 cup chopped dates instead of apricots.