

## **Breakfast Menu for the Different Ages of the Family Life Cycle**

### **Monkey Bread**

4 10-count packages refrigerator biscuits  
1/2 cup sugar  
1 Tbs. cinnamon  
1/2 cup melted margarine  
1 cup packed brown sugar  
2 Tbs. cinnamon

Mix together the mixture of sugar and 1 Tbs. cinnamon. Separate the biscuits and coat each of the biscuits in the sugar/cinnamon mixture. Place them evenly around in several layers or stand on edge in a fan-like pattern in a greased bundt pan. Sprinkle the remaining cinnamon mixture over top. Mix together the margarine, brown sugar and 2 Tbs. cinnamon in a saucepan. Pour over the biscuits. Bake for 30 minutes at 400°. ***(Place bundt pan or angel food cake pan on top of a jelly roll pan before putting in the oven.)***

### **Breakfast Frittatas**

12 eggs  
1/4 cup water  
1 lb. Country style sausage  
1 pkg. Frozen "Ida-Ore" Potatoes O'Brien  
Salt and pepper  
2 cups grated Cheddar cheese

Beat eggs and water until frothy. Set aside. Spray two-10" frying pan with "Pam." Brown half of the sausage in each pan just enough to lose pink color. Drain off some fat if necessary. Add potatoes, breaking up chunks with a fork. Stir with spatula and fry until potatoes are soft. Add eggs, salt and pepper. Lift up around edges with spatula to cook all of the eggs. Just before eggs are set, put potato mixture in oblong pyrex dish. Sprinkle with grated cheese. Put in oven at 350° until cheese melts and bubbles. Serve.

***(Instead of using Potatoes O'Brien, substitute regular frozen hash browns and add 1/2 chopped onion and 1/2 chopped green pepper to sausage to saute before adding potatoes)***

### **Bran Muffins**

Boil 1 cup water and gradually add 2 1/2 tsp. baking soda to the water. **Set aside.**

Measure 3 cups all-bran and put into a **separate** bowl.  
Pour 2 cups Buttermilk over bran and let soak. **Set aside.**

Beat together in another **large** mixing bowl:

- 1/2 cup shortening
- 2 eggs
- 1 cup sugar

Add gradually to above creamed mixture:

- 2 1/2 cups flour
- 1 1/2 tsp. salt and the water/soda mixture that was set aside.

Gradually add the bran mixture and thoroughly mix together. Fill cupcake wrappers 2/3's full in muffin tin and bake at 400° for 20 - 25 minutes.

Makes about 24 muffins. Mixture can be stored in refrigerator up to six weeks.

### **Chile Egg Puff**

- 10 eggs
- 1/2 cup flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 pt. Cottage cheese
- 1 lb. Monterey jack cheese, grated
- 1/2 cup melted margarine
- 1 can green chilies, diced (4 oz. size)

Beat eggs until light. Add flour, baking powder, salt, cottage cheese, grated cheese and butter. Stir in chilies. Pour into 9" X 13" buttered dish. Bake at 375° for 30 - 35 minutes. Make sure middle is cooked through. Put a knife in the middle to see if it is set up.

### **Cottage Cheese Pancakes**

1 1/2 cups flour  
2 Tbs. sugar  
1/2 tsp. salt  
8 eggs, separated  
1 pint cottage cheese  
1 1/2 cups buttermilk  
6 Tbs. melted butter

Measure and sift flour, sugar and salt together three times. Separate eggs into two bowls. **Stiffly beat** egg whites and **set aside**. Beat egg yolks until light and lemon colored. Add cottage cheese, buttermilk and melted butter to the egg yolks. Gradually, add the flour mixture and mix thoroughly together. Fold in the stiffly beaten egg whites into the batter. Bake the pancakes on lightly oiled griddle at 350°.

### **Granola**

3 cups rolled oats or an equal mixture of oats, wheat, rye or barley flakes  
1/3 cup unprocessed coarse bran  
1/3 cup sesame seeds  
1/3 cup raw hulled sunflower seeds  
1/2 cup honey or maple syrup, or a mixture of the two  
1 cup coarsely chopped peanuts  
1/2 tsp. allspice  
1/4 tsp. cinnamon  
2 cups mixed dried fruit (dried berries, cherries, raisins,  
or chopped dried apricots)  
1/4 cup toasted wheat germ

Preheat the oven to 350°. Spread the oats, bran and seeds on a jelly roll pan and bake for 15 minutes, or until golden brown. Meanwhile, put the honey, nuts, and spices in a large bowl. Stir in the hot grain mixture when it's ready. Return the mixture to the pan, spreading it out evenly. Toast in the oven, stirring occasionally, until it's evenly browned, about 10 minutes. (Granola burns easily, so watch it carefully.) Toss the mixture with the dried fruit and wheat germ. Cool completely before storing the granola in airtight containers or eating it.

### **Applesauce**

Open can of applesauce and serve evenly into custard cups at table. Sprinkle a dash of nutmeg over the top of the applesauce.