

5 Make-Ahead Breakfast Recipes



Laura Fuentes

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Hi!

I'm Laura. I want to thank you for visiting the recipes in my blog and signing up for my email list. The recipes you see in this short ebook are just a sample of the deliciousness you'll find in my weekly newsletter.

Speaking of delicious recipes, this ebook includes five fan favorites. I hope you enjoy these for breakfast as much as me!

Many of the recipes can be found in my YouTube Channel. I encourage you to click on the red play button located on the page and watch how they are made.

Enjoy,

Laura ☺



For Breakfast

Bananas Foster Overnight Oats

5

Perfect Pancakes

6

Homemade Egg McMuffins

7

Oatmeal Breakfast Cookies

8

Spinach & Bacon Mini Quiches

9

Bananas Foster Overnight Oats

1 teaspoon coconut oil (or butter)
3 very ripe bananas, sliced
2 teaspoons vanilla
¼ teaspoon cinnamon
2 tablespoons maple syrup
1 cup steel-cut oats*
2 teaspoons ground flax
2 cups milk (or dairy-free)

In a small saucepan, heat the coconut oil over medium heat. Add the bananas, vanilla, and cinnamon to the heated pan, and sauté until they begin to break down and juice out their natural sugars, about 2 to 3 minutes.

Add the maple syrup, stir to combine, and cook for another minute. Remove from the heat.

Place ¼ cup of the oats, ½ teaspoon of the flax, and ½ cup of the milk inside each of 4 glass jars. Divide the cooked bananas evenly into each glass jar.

Stir to combine and refrigerate overnight.

Yield: 4 servings

Laura's Tip:

If you use old-fashioned oats, reduce the milk to 1½ cups. You can eat your oats cold right out of the fridge or warmed in the microwave.





Perfect Pancakes

1½ cups all-purpose flour
3½ teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
1¼ cups milk
1 egg
3 tablespoons butter, melted (optional)

In a large bowl, sift together the flour, baking powder, salt, and sugar.

Make a “volcano” well in the middle (as my son calls it), and pour in the milk, egg, and melted butter, if using. Mix with a fork or whisk until smooth.

Heat a griddle or large pan over medium-high heat (I set my griddle at 300 to 350F). Pour or scoop ¼ cup of batter for each pancake. Wait until bubbles form to flip. Brown on the other side, and serve with butter and blueberry syrup.

Yield: 6 pancakes

Laura's Tip:

Whole-wheat flour substitutes:

100% whole wheat: Add an additional teaspoon baking powder + 1 tablespoon milk.

50% whole wheat: Add ½ teaspoon baking powder.

¼ cup ground flax: Remove ¼ cup flour + ½ teaspoon baking powder.

Add 1 mashed banana: No changes.

Add up to 1 cup blueberries or nuts: No changes.





Homemade Egg McMuffins

6 English muffins, sliced in half
6 large eggs
Salt and freshly ground black pepper
6 slices Cheddar cheese
6 slices deli ham

Preheat the oven to 350F. Grease 6 ramekins or a jumbo muffin tin, and place on a cookie sheet. Crack one egg into each ramekin. Pierce each egg yolk with a fork and very slightly beat.

Season with salt and freshly ground pepper.

Bake the eggs for 12 to 15 minutes or until set. Remove from the oven and allow to cool.

Run a knife around the edge of each ramekin (or muffin tin) to remove the eggs.

To assemble the breakfast sandwich, layer one half of each English muffin with one slice of cheese, one slice of ham, and a cooked egg. Top with the other half of the English muffin.

Wrap the sandwich in plastic wrap, and place in the freezer.

To reheat, place in the microwave for 1 to 2 minutes, or until warmed through.

Yield: 6 breakfast sandwiches



Oatmeal Breakfast Cookies

1/2 cup mashed banana (about 1 large)
1/2 cup natural peanut butter (or non-nut)
1/2 cup honey*
2 teaspoons vanilla extract
1 cup old-fashioned oats*
1/4 cup whole wheat flour*
1/4 cup ground flax seed (or an additional 1/4 cup flour)
1/4 cup nonfat milk powder or vanilla protein powder (+ 2 tablespoons water if the dough is too thick)*
2 teaspoons ground cinnamon
1/2 teaspoon baking soda
1/2 cup raisins

Preheat the oven to 350F. Lightly coat two cookie sheets with cooking spray, and set aside.

In a large bowl, stir together the banana, peanut butter, honey, and vanilla.

In a small bowl, combine the oats, flour, flax, milk powder, cinnamon, and baking soda. Stir the oat mixture into the banana mixture until combined. Stir in the raisins.

Using a 1/4-cup measuring cup, drop mounds of dough 3 inches apart on the prepared cookie sheets. With a thin metal or small plastic spatula dipped in water, flatten and spread each mound of dough to a 2 3/4-inch round, about 1/2 inch thick.

Bake, one sheet at a time, for 14 to 16 minutes or until browned. Transfer to wire racks to cool completely.

Store in an airtight container or resealable plastic bag for up to 3 days, or freeze for up to 2 months. Thaw before serving.

Yields: 8 large cookies

Laura's Tip:

You can reduce the sweetness to 1/4 cup of honey or use maple syrup. Please note that quick-cooking oats are not the same thing as rolled oats/old-fashioned oats. The cookies will not hold their shape if you use quick oats. Whole-wheat flour can be swapped out with all-purpose gluten-free flour. The milk powder/protein powder is optional; if you are not using it, omit the water.



Spinach & Bacon Mini Quiches

6 eggs
3 tablespoons milk
 $\frac{3}{4}$ cup finely chopped spinach
1 cup cheddar cheese, shredded
4 strips bacon, cooked and chopped
Dash of pepper

Preheat the oven to 350F (180C) and grease a 24-cup mini muffin pan.

In a large bowl, whisk the eggs and milk. Add in the spinach, cheddar, bacon, and pepper. Give it a quick mix to combine all the ingredients.

Distribute the egg mixture evenly into the muffin pan cups.

Bake for 15 to 18 minutes.

Once cooked, allow the mini quiches to cool in the pan before carefully removing with a small knife or spatula.

Yield: 24 mini quiches





ABOUT THE AUTHOR

Laura Fuentes is a mom of three and founder and CEO of MOMables where she helps thousands of parents everyday make meals their families will love. For more of Laura's recipes, visit LauraFuentes.com.

