

KIDS COOKING LESSONS

WEEK 3 SHOPPING LIST



SCRAMBLED EGGS & OVEN BACON

2 Tbsp butter or olive oil
12 eggs
Salt and pepper
12 slices bacon

BAKED OATMEAL

2 eggs
2 tsp vanilla extract
1/2 cup brown sugar
1 tsp baking powder
2 tsp cinnamon
1/2 tsp salt
1 1/2 cups rolled oats
1 1/2 cups quick cooking oats
1 1/4 cups milk
1/4 cup canola oil
Milk, cream or yogurt for serving
Fresh fruit, for topping

FRENCH TOAST

6 eggs
3/4 cup milk
2 tsp vanilla
1 tsp cinnamon
12 slices whole wheat bread
Butter, for serving
Powdered Sugar or syrup, for serving

OVERNIGHT GRANOLA

1/2 cup canola oil or melted butter
2/3 cup honey
1 tsp vanilla
2 1/2 cups quick cooking oats
2 1/2 cups rolled oats
1 Tbsp cinnamon
1/2 tsp ground ginger
1 cup chopped nuts
Milk or yogurt, for serving
Fresh fruit, for topping

SAUSAGE & HASH BROWN QUICHE

1 refrigerated pie crust
1 cup frozen shredded hash brown potatoes
1 lb. breakfast sausage
2 cups shredded sharp cheddar cheese
3 eggs
1 1/4 cup milk
4 tablespoons butter, melted
3/4 teaspoon salt
1/4 teaspoon ground black pepper
1/8 teaspoon ground mustard (optional)

