



*"Getting kids excited about wholesome, healthy food"*

## **Breakfast at Tiffany's**

### Menu

*Juicer Pulp Mini Muffins  
Tropical Fruit Salad  
Whole Wheat Raisin Scones  
Mixed Berry Jam  
Broccoli Cheddar Quiche "Muffins"  
Sweet Potato, Pepper, and Kale Frittata  
Crepes with Fresh Fruit and Cottage Cheese  
Granola  
Homemade Yogurt with a Crock Pot  
Crock Pot Applesauce*

## **Juicer Pulp Mini Muffins**

### Ingredients

½ cup juicer pulp (we used an apple/beet/lemon/carrot combo, feel free to substitute finely chopped fruit instead, increasing it to ¾ cup)  
¼ cup honey  
¼ cup coconut oil, melted (canola would also work)  
¼ cup unsweetened applesauce  
1½ cup flour  
1 Tsp. baking soda  
½ Tsp. cinnamon  
½ Tsp. sea salt

### Directions

Pre-heat the oven to 350 degrees. Lightly grease a mini muffin pan. In a large bowl, add the juicer pulp, making sure to remove any large pieces. Add the honey, coconut oil, and applesauce. Stir to combine. Sift in flour, baking soda, cinnamon, and salt. Mix with a wooden spoon until just combined. The batter will be very thick. Transfer the batter to the mini muffin pan and bake for 10-12 minutes. A knife inserted in the center should come out clean when they're done. Allow to cool slightly, top with a butter or jam, and enjoy!

## **Tropical Fruit Salad**

### Ingredients

1 ½ cup toasted coconut flakes, unsweetened  
4 tablespoons honey  
4 tablespoons mint, chiffonade  
2 limes, zested and juiced  
4 kiwis, peeled and sliced  
2 bananas, peeled and sliced  
1 large bunch of grapes  
1 pineapple, cut into small pieces  
½ papaya, peeled and cut into small pieces

### Directions

Cut all fruit into pieces that are approximately the same size (about the size of the grapes). In a small bowl, combine lime zest and juice, and honey, and whisk together well. Toss together fruit, coconut, mint, and dressing, until fruit is evenly coated. Serve immediately.

## **Whole Wheat Raisin Scones**

### Ingredients

1 cup King Arthur 100% White Whole Wheat Flour  
1 cup King Arthur Traditional Whole Wheat Flour  
1/2 cup white wheat bran  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
2 tablespoons sugar  
1/2 cup (1 stick) butter  
3/4 cup buttermilk  
1 egg, separated  
1 cup raisins  
coarse sugar

### Directions

Place the first seven ingredients into the bowl of a food processor, and whirl briefly. Cut the butter into four chunks, and pulse with the dry mixture until it forms large clumps. Whisk together the buttermilk and egg yolk, and add to the processor bowl; process only until mixture barely clings together. Transfer the dough to a lightly floured work surface, and gently and quickly knead in the raisins. Form the dough into a flat disk about 7 inches across, and cut it into small or large wedges, depending on your appetite or waist size. Transfer the disk to a parchment-lined or lightly greased baking sheet, and separate the wedges by pulling them apart about 1 inch, but still keeping them in a circle.

Brush the tops of the scones with beaten egg white, and sprinkle with coarse sugar. Bake them in a preheated 375°F oven for 25 to 27 minutes (for 8 scones; a little less for smaller scones), inspecting at midpoint to admire and turn. Remove the scones from the oven when they're a light, golden brown, and cool them on a wire rack. Yield: 8 to 12 scones.

Note: You don't need a food processor to make these scones. Simply mix the dry ingredients with the butter till crumbly, using a mixer, a pastry blender, or your fingers. Stir in the buttermilk and egg yolk, knead in the raisins, and proceed as directed above.

## Mixed Berry Jam

### Ingredients

6 cups frozen mixed berries  
1 medium lemon, juiced (2 Tbsp juice)  
3 cups sugar

### Directions

Prep the fruit and jars. Wash your fruit and remove any stems. Wash your jars with hot, soapy water and place them in a 200°F oven to keep them warm. (NEVER put hot jam into cool jars. You risk shattering the jar from the quick temperature change.) Use a wide pot that is 3-4 times the size of your prepared fruit. Bring the fruit and lemon juice to a boil over low heat. (This could take 20-30 minutes.) Once the fruit has come to a boil, add the sugar and stir until it has dissolved. Turn up the heat and bring the mixture to a rolling boil that can't be stirred down. The mixture will sputter and foam. That foam won't do any harm, and you can always skim it off before filling your jars. After your sugar and fruit mixture comes to a rolling boil, you will reach the jelling stage. Depending on the moisture level of the fruit, it could take anywhere from 5-20 minutes of boiling. Once the mixture starts to thicken, you will need to test for the gel. There are three options to test if your jam is set and ready to be canned.

- Temperature test – The ideal jelling temperature is 220°F for a nice, spreadable jam. Take the temperature using a [candy thermometer](#) and be sure to stir the jam thoroughly before taking the temperature.
- Freezer test – While your jam is cooking, place a small plate in the freezer. Once your jam starts to thicken, spoon a small amount of the mixture onto the plate and place it back into the freezer for 1 to 2 minutes. When you remove the plate from the freezer, your jam shouldn't feel hot or cold. Press the jam with your finger, and if it wrinkles it's done. As an added test, you should be able to trace your finger through the center of the puddle of cooled jam, and the jam should stay put.
- Spoon or sheet test – Dip a cold metal spoon into the boiling mixture. Away from the heat, tilt the spoon, so that the mixture runs off the side of the spoon. When the mixture slides off the spoon in one smooth sheet, it has reached the jelling stage.

## Broccoli Cheddar Quiche "Muffins"

### Ingredients

3 cups cooked broccoli florets, chopped small (from frozen or fresh)  
12 large eggs  
1 cup milk  
1 teaspoon salt  
1/2 teaspoon pepper  
1 1/2 cups shredded cheddar cheese

Butter or oil for muffin pan

### Directions

Preheat the oven to 350F. If you don't have extra cooked broccoli handy, bring a medium pot of salted water to a boil, then add the broccoli florets and cook for 1 minute. Drain, blot dry, and chop. Butter or grease 12 muffin cups (you can choose to skip this for silicone cups). Set aside. In a large bowl, whisk together the eggs, milk, salt, and pepper. Stir in the cheese and broccoli. Ladle the egg mixture evenly into the muffin cups. Leave at least ¼ inch of space at the tops. (If using a silicone muffin pan or silicone cups, place on a baking sheet first.) Bake at 350F for 30 to 35 minutes, until set and slightly golden.

## **Sweet Potato, Pepper, and Kale Frittata**

### Ingredients

2 sweet potatoes, peeled and grated  
2 red peppers, small dice  
1 small onion, small dice  
1/2 bunch kale, veins removed and thinly chopped  
1 teaspoon smoked paprika  
1 cup shredded mozzarella cheese  
8 eggs  
Salt and pepper to taste  
1/4 cup olive oil

### Directions

In a large bowl, whisk together the eggs with smoked paprika and salt and pepper to taste and set aside. Heat 1/4 cup olive oil in a large non-stick frying pan over medium heat, and add onions, and sweet potatoes. Cook about 5 minutes and add red peppers. Continue cooking until sweet potatoes are well cooked and onions and peppers are very soft, about 8 minutes. Add kale, and continue cooking about 4 minutes until kale is softened and wilted. Turn down heat to low, and add eggs. Mix around in the pan until thoroughly mixed with vegetables, and then sprinkle cheese all over mixture. Let sit until eggs are cooked through, then carefully flip pan upside down onto a clean cutting board. Cut frittata into slices like a pizza.

## **Crepes**

### Ingredients

Scant 1 cup all-purpose flour  
Pinch of kosher salt  
3 large eggs, lightly beaten  
1 1/4 cups milk  
4 tablespoons (2 ounces) unsalted butter, melted

### Directions

Place the flour and salt in a bowl and create a well in the center of the flour. Whisk the eggs and milk together and pour into the well. Whisk the flour and egg mixture together, then whisk in the butter. Strain the batter through a fine-mesh strainer.

Heat an 8 1/2 inch non-stick crepe pan over medium heat until hot. Spray with a non-stick spray, then use a 1-ounce ladle to pour the batter into the center of the skillet (or add 2 tablespoons of batter to the skillet). Rotate the skillet in a circular motion to cover the bottom of the pan evenly with the batter (if you hear it sizzle in the pan, your heat is too high). Cook for 30 to 45 seconds to set the batter. Then use a small, narrow spatula to gently flip the crepe. Cook for only 10 to 15 seconds more, to set the second side.

Remove the crepe and place it with the nicer side down on a paper towel. Repeat for the remaining crepes, spraying the pan as needed, and layering the paper towels and crepes. When you are ready to fill the crepes, just lift up the paper towels and fill the crepes - the best side of the crepes will be on the outside.

## **Granola**

### Ingredients

4 cups old-fashioned oats  
1 cup sunflower seeds  
1 cup flaked coconut  
1/2 teaspoon salt  
1/2 cup canola oil or butter  
1/2 cup honey  
2 cups mixed dried fruits (cranberries, raisins, blueberries, dates, cherries, whatever you like)

### Directions

In a 3-qt. slow cooker, combine oats, sunflower kernels, coconut and salt. In a small bowl, whisk oil and honey until blended. Stir into oat mixture. Cook, covered, on high 2 hours, stirring well every 20 minutes.

Remove granola to baking sheets, spreading evenly; cool completely. Stir in dried fruit. Store in airtight containers. Yield: about 8 cups.

## **Homemade Yogurt with a Crock Pot**

serves: 4-8

### Ingredients

1 quart of organic milk  
1 tablespoon plain yogurt with live-active cultures

### Directions

Pour the milk into your crock pot and turn the heat on medium or high. You want to heat the milk very slowly until it reaches 180°F (30 mins to 1 hour). Turn off the slow cooker, unplug, and allow the milk to cool to 120°F (about 30 mins). While waiting for the milk to cool, measure out your

plain yogurt starter and allow it to come to room temperature. Once milk is 120°F, add the yogurt and stir gently until it is fully incorporated. Cover with lid and then wrap the slow cooker with several towels. Set it where it will be undisturbed for 6 to 8 hours. Yogurt likes a quiet, still environment to ferment. Place the cultured yogurt into the refrigerator for at least 4 hours before eating to ensure that it's fully set.

## **Crock Pot Applesauce**

### Ingredients

4 lbs tart apples, cored and sliced thin  
1/2 cup sugar  
1/2 tsp cinnamon  
1 cup water  
1 tbsp lemon juice

### Directions

Mix apples (about 12 cups) with cinnamon and sugar and put into crock pot. Pour water and lemon juice over apples. Cook on low for 6 hours or high for 3 hours.