

Breakfast Foods

The collected recipes of Lori Diman-Considine

APPLE CINNAMON BAKE	BREAKFAST ENCHILADAS	NO OIL NO SUGAR BANANA BREAD
APPLE ENCHILADAS	CROCKPOT EGG BRUNCH	SALTED CARAMEL BANANA BREAD
APPLE QUICK	DIMAN LAKE HOUSE BAKE	STRAWBERRY CHEESECAKE OATS
APPLE ROSES MUFFIN CUPS	DIMAN LAKE HOUSE SAUSAGE ROLL	STRAWBERRY CREAM CHEESE ROLLS
BANANA SPLIT BREAKFASTBAR	DUTCH EGGS	TATER TOT PIE
BAVARIAN CREAM	FRENCH TOAST BAKE	
BREAD BOWL EGG BAKE	KEYLIME OVERNIGHT OATS	
BREAKFAST CASSEROLE	MUFFIN IN A MUG	

If you use seltzer water when making pancakes or waffles it will make them fluffier.



Salted Caramel Banana Bread

4oz (½ cup) unsalted butter, melted
 150 grams (¾ cup) granulated sugar
 2 large eggs, at room temp.
 1 tbsp vanilla extract
 188 grams (1 ½ cups) all-purpose flour
 1 tsp baking soda
 ½ tsp salt
 5oz Greek yogurt or sour cream
 3 large bananas, very ripe
 8 tbsp of Homemade Salted Caramel Sauce or store-bought

Preheat oven to 350F and grease a 9X5 loaf pan.

In a pot over medium heat or microwave melt butter. In a large bowl mix together the melted butter and sugar. Then add eggs and vanilla.
 In a bowl mash bananas. Fold in bananas and sour cream into the bread mixture.
 In a medium bowl whisk flour, baking soda and salt together. Then gently fold dry ingredients into the wet batter.
 Pour half of the batter into prepared pan. Place 4 tablespoons of salted caramel on top of batter and swirl into the batter. Repeat with remaining batter and caramel.
 Bake for 60-65 minutes. Let cool on a wire rack.

HOMEMADE SALTED CARAMEL SAUCE

Rich and smooth Homemade Salted Caramel Sauce is simple and easy to make. Sugar, Butter, Cream and Sea Salt with a heavy bottomed pan are all you need to make this gorgeous salted caramel sauce. Perfect on top of your ice cream sundae, drizzled on top of homemade apple pie or straight out of the jar with a spoon!

400 grams (2 cups) Granulated Sugar
 6oz (1 ½ sticks/ ¾ Cup) Unsalted Butter
 8oz (1 Cup) Heavy Whipping Cream
 1 Tablespoon Fleur de Sel (I usually use a bit more but go with your taste)

Instructions

In a thick bottomed heavy saucepan cook the sugar on low-medium heat. Using a

whisk, whisk the sugar frequently. The sugar will begin to turn to an amber color. Watch the sugar carefully as it can burn quite easily. Once it reaches 350F/170C add all of the butter whisking quickly to combine, be careful the mixture will bubble. Remove the saucepan from the heat and whisk in heavy cream, this will take a minute or two just keep mixing to combine.

Mix in the sea salt and let the caramel cool.

Once cool pour into an airtight container. A mason jar, plastic container, reused spaghetti sauce jar..etc.

Store the caramel in the fridge for up to two weeks.

The flavor of salted caramel infused into a soft and moist banana bread, then drizzled with extra salted caramel sauce on top. It's banana bread heaven with a sweet sticky indulgence.

Salted Caramel Sauce

1/4 cup (57g) salted butter

1 cup (220g) packed light brown sugar

1/2 cup (125ml) heavy cream

1/2 tsp (2.5g) salt

Banana Bread

1/2 cup (114g) unsalted butter, softened

3/4 cup (150g) granulated sugar

2 large eggs

4 tbsp (60ml) milk

1 tsp (5ml) vanilla extract

2 cups (250g) all-purpose flour

2 tsp (10g) baking powder

1 tsp (5g) baking soda

1 cup (245g) mashed bananas

1/2 cup (125ml) salted caramel sauce

instructions

Salted Caramel Sauce

Stir together all the ingredients in a small saucepan. Cook over medium-high heat while stirring frequently until all of the sugar is dissolved, and bring to a boil.

Reduce the heat to low and let simmer for 5 minutes. Do not stir.

Remove from stovetop and pour into a heatproof jar. Let cool.

Banana Bread

Meanwhile, preheat the oven to 350F and grease a 9×5" loaf pan.

Using an electric mixer, cream together the butter and sugar in a large bowl. Mix in the eggs, milk and vanilla.

Stir in the flour, baking powder and baking soda until almost combined. Fold in the bananas and caramel until just combined.

Spoon into prepared loaf pan and bake for 55-60 minutes or until a toothpick inserted into the center comes out clean.

Let cool and drizzle with more caramel sauce before serving.

notes

The banana bread can be stored wrapped up or in an airtight container at room temperature for 3-4 days.

Leftover caramel sauce should be refrigerated. It can be reheated in the microwave for 15-30 seconds to warm up.

Marshmallows dipped in melted butter, then cinnamon sugar, wrapped in crescent rolls and baked. They're called Hocus Pocus buns because the marshmallows disappear! YUM is understatement!



Apple Cinnamon Baked Perfection

2 cans of Cinnamon rolls quartered, 1 can apple pie filling, 1/2 cup chopped walnuts or pecans mixed together in a bowl. Pour in a sprayed 9x13 baking dish. Cinnamon roll icing for the topping when it comes out of the oven.. Bake at 350 for 45 minutes... Easy and AMAZING!



Banana Split Breakfast Bar—Great for parties and groups

Split bananas in half carefully with a knife.

Added 1/2 cup Greek yogurt to each

Sprinkle of:

Almond slices

Granola

Dried coconut

Blueberries

Raspberries

Blackberries

Lily's chocolate chips



Strawberry Cream Cheese Cinnamon Rolls

3¼ cups flour

2 tsp instant yeast

¼ cup white sugar

½ teaspoon salt

1 egg

¼ cup water

¾ cup milk

½ cup butter, softened

Filling Ingredients:

21 ounce can Lucky Leaf Strawberry Pie Filling

2 teaspoons cinnamon

½ teaspoon sugar



Lemon Cream Cheese Frosting:



4 ounce cream cheese, softened

3 Tablespoons butter, softened

1 cup powdered sugar



	<p>¼ cup half and half 2 teaspoons lemon juice 1 Tablespoon lemon zest (one lemon) 1 teaspoon vanilla</p> <p>Instructions To make the dough: In a small saucepan over medium low heat add the milk and butter. Stir until the butter has melted and remove from heat. Let stand until luke warm temperature.</p> <p>In a large mixing bowl whisk together 2¼ cups flour, yeast, sugar, and salt. Add to the stand mixer with dough hook attached. (You can also make this by hand, just knead until smooth once all of the ingredients are added.) Add the egg and water and mix until just starting to combine. Slowly add in the milk mixture and 1 cup of flour until the dough starts to form and become smooth. Let the dough rest for 10 minutes.</p> <p>On a lightly floured surface, roll the dough into a large 9×15 square. About ¼-1/2 inch thick. Spread strawberry pie filling evenly on top of the dough. In a small bowl combine the cinnamon and sugar and sprinkle on top of the strawberry filling. Roll up the 15 inch side into a log and pinch the seams. Cut into 9-12 slices depending on how thick you want your cinnamon rolls. Place in a greased 9×13 inch pan and cover with a damp cloth and let rise for 30 minutes.</p> <p>Preheat oven to 375 degrees. Bake for 30 minutes or until just golden brown on the tops.</p> <p>To make the glaze: Beat together the cream cheese, butter, and powdered sugar until smooth. Add the half and half, vanilla, lemon juice and lemon zest until combined. Frost over warm cinnamon rolls and enjoy!</p>
	<p>Apple Quick Cinna Pan</p> <p>2 Cans of Cinnamon Rolls Quartered 1 Can Apple Pie Filling (Diced) ½ Cup Walnuts or Pecans (or both) Chopped</p> <p>Use Pam on the casserole dish.</p> <p>Bake at 350 degrees for 45 min then add the icing when you pull it out of the oven.</p>
	<p>Jello-Yogurt Whip</p> <p>1 packet jello flavor of your choice. I'm doing strawberry today. 1 cup boiling water 1/2 cup plain yogurt 1/2 cup heavy cream (which may be substituted with more yogurt, but I love the richness it adds and how it mellows out the tanginess of the yogurt)</p> <p>So you pour the boiling water over the jello mix, and whisk until it has completely dissolved. At this point, you'll want to let the hot mixture cool down to near room temperature before adding in the dairy. Adding yogurt to a hot mixture can cause it to split and curdle and no one likes that.</p>

	<p>I also like to make sure that my dairy isn't cold when I add it in. When all components have similar temperatures, they blend together better into a more homogenous manner and you won't be left with bits of yogurt floating around.</p> <p>But that's pretty much it! You simply whisk in the yogurt and heavy cream until nice and smooth.</p>
	<p>These Overnight Breakfast Enchiladas are very filling, and are perfect for a quick and easy breakfast. The best part is, it requires such little time to prep and throw together that you'll want to make this for breakfast often!</p> <p>2 cups ham, cubed 3 cups of shredded cheddar, divided 1/4 cup chopped green onion 1/4 cup minced onion 1 tsp garlic salt 8 flour tortillas (medium size) 6 eggs 1 1/2 cups half & half (or whole milk)</p> <p>Spray a 9x13 baking dish with non stick cooking spray and set aside. In a large bowl, combine 1.5 cups of shredded cheddar, ham, green onion, minced onion, and garlic salt. Mix well and set aside 1/4 cup for topping. Starting with one tortilla, add 1/4 – 1/3 cup of the ham mixture into the center and roll. Place seam side down into the prepared dish. Repeat with remaining tortillas. Whisk together eggs half & half. Pour egg mixture over rolled tortillas and then top with reserved 1/4 cup of ham mixture. Cover with foil, and refrigerate overnight or at least 4 hours. Bake at 350 degrees for 30-40 minutes until eggs are set. Remove the foil, top with remaining 1.5 cups of shredded cheese, and bake until cheese is melted.</p> <p>NOTES: *These are best served with sour cream and salsa.</p>
<p>Scotch Eggs</p> 	<p>Dutch Eggs..because Angela Loaiza is from Scotland and who doesn't love Pastor Dan and Angela!</p> <ul style="list-style-type: none"> •6 large eggs •1 cup all-purpose flour •1 cup finely crushed corn flakes •7 ounces (3/4 cup) fresh breakfast sausage, casings removed (if necessary) •Vegetable oil (for frying) •Kosher salt, freshly ground pepper •Mustard • <p>Special Equipment:</p> <p>A deep-fry thermometer</p> <p>Preparation</p> <p>Place 4 eggs in a small saucepan; add cold water to cover. Bring to a boil; remove from heat, cover, and let stand for 3 minutes. Carefully drain, then fill pan with ice</p>



water to cool eggs. Gently crack shells and carefully peel under cold running water. Place eggs in a bowl of cold water; cover and chill until cold. DO AHEAD: Can be made 1 day ahead. Keep chilled.

Place flour in a wide shallow bowl and crushed corn flakes in another wide shallow bowl. Divide sausage into 4 equal portions. Pat 1 portion of sausage into a thin patty over the length of your palm. Lay 1 soft-boiled egg on top of sausage and wrap sausage around egg, sealing to completely enclose. Repeat with remaining sausage and eggs.

Whisk remaining 2 eggs in a medium bowl to blend. Working gently with 1 sausage-wrapped egg at a time, dip eggs into flour, shaking off excess, then coat in egg wash. Roll in corn flakes to coat. DO AHEAD: Can be made 1 day ahead. Keep refrigerated, uncovered.

Attach a deep-fry thermometer to side of a large heavy pot. Pour in oil to a depth of 2" and heat over medium heat to 375°. Fry eggs, turning occasionally and maintaining oil temperature of 350°, until sausage is cooked through and breading is golden brown and crisp, 5–6 minutes. Use a slotted spoon to transfer eggs to paper towels to drain. Season lightly with salt and pepper. Serve warm with mustard.

Options:

1. Bake at 350 degrees for 45 min instead of frying.
2. Serve with Hollandaise Sauce instead of mustard.
3. Use panko bread crumbs instead of corn flakes.



Bread Bowl Eggs

8 large eggs
1/4 cup chopped mixed herbs, such as parsley, chives and tarragon
2 tablespoons heavy cream
Salt and pepper
4 tablespoons grated Parmesan

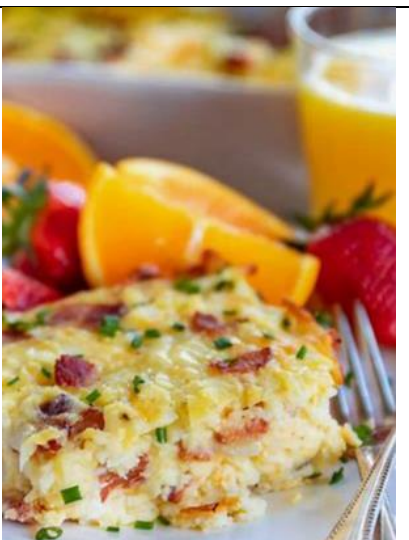
1. Preheat oven to 350°F. Slice off top of each dinner roll and gently remove some bread until there is a hole large enough to accommodate an egg. Arrange rolls on a rimmed baking sheet. Reserve tops.
2. Crack an egg into each roll, then top with some herbs and a bit of cream. Season with salt and pepper. Sprinkle with Parmesan.
3. Bake until eggs are set and bread is toasted, 20 to 25 minutes. After eggs have cooked for 20 minutes, place bread tops on baking sheet and bake until golden brown. Let sit 5 minutes. Place tops on rolls and serve warm.



Breakfast Casserole

1 pkg Jimmy Dean Breakfast Sausage, cooked, crumbled & drained
10 eggs, beaten
3 cups milk
2 cups grated cheese
6 cups cubed bread (French bread)
Salt & pepper
Optional additions: jalapenos, green onion, mushrooms, spinach, tomato, etc.

Preheat oven to 325. In a large bowl mix eggs and milk. Put half the bread in a baking pan and sprinkle with half the sausage and half the cheese and salt and pepper, then repeat using up all the ingredients. Pour the egg and milk mix evenly over the whole thing. Bake uncovered for 55 minutes or until eggs are set. Cover with foil if it starts to brown too quickly.



Diman Family Lake House Breakfast Pizza

Croissant Dough spread out on a cake pan
top with pre-cooked crumbled sausage
Diced onion or green onion
Pour beaten egg over the top and top with cheese.

Bake at 350 degrees till the egg is done.



Diman Family Lake House Sausage Cheese Roll

Rising Bread Dough
Jimmy Dean Sausage
Cheddar Cheese

Let the bread rise, then fill with cooked sausage and add a ton of cheese. Pull the edges up around it and seal on the top..then bake at 350 degrees for 15-20 min or until golden brown.



French Toast Bake

½ CUP Melted butter (1 stick)
1 CUP Brown sugar + 3 tablespoons brown sugar
1 Loaf of Kings Hawaiian bread or Texas Toast
4 Eggs
1½ CUP Milk
1 tsp Vanilla
2 tsp of Cinnamon
1 Tbsp of powdered sugar plus more for sprinkling
Maple syrup for topping

1Put the butter in a microwave safe bowl, melt it in the microwave and add 1 cup of brown sugar. Stir until combined.
2Pour the mixture evenly over the bottom of 9 x 13 baking pan.

- 3In a large bowl, whisk eggs, milk, 1 tablespoon of powdered sugar and vanilla.
- 4Place toast bread in a single layer in the pan so that it covers the whole area.
- 5Pour half the egg-milk mixture over the entire layer of toast bread.
- 6In a small bowl, combine the 3 tablespoons of brown sugar and 2 teaspoons of cinnamon.
- 7Sprinkle half the mixture on a layer of toast bread.
- 8Then arrange the second layer of bread and pour the rest of the mixture of eggs and milk.
- 9Repeat with the rest of the sugar and cinnamon.
- 10Cover with aluminum foil and leave to cool in the fridge overnight.
- 11Preheat oven to 350°F.
- 12Leave chilled toast bread at room temperature for a few minutes.
- 13Put it in the oven and bake for 45 minutes, so that the first 30 minutes it is baked with aluminum foil.
- 14Bake it until the top is crispy and golden brown and the inside is soft.
- 15Sprinkle with powdered sugar.
- 16Serve with maple syrup.
- 17Enjoy!

Notes: You can leave it for a couple of hours in the refrigerator, but the best effect is achieved if you leave it overnight.



Crock Pot Egg Brunch Casserole

- 1 bag 26 oz. frozen hash browns
- 12 eggs
- 1 cup milk
- 1 tablespoon ground mustard
- 1 16 oz. roll sausage (Jimmy Dean regular, hot or Maple)
- Salt and pepper
- 16 oz. bag shredded cheddar cheese

Directions:

Spray crock pot and evenly spread hash browns at the bottom. Crack 12 eggs in a large bowl. Mix well (and slowly) using a whisk. Add the milk. Go ahead and sprinkle in the ground mustard. This might sound like a weird ingredient, but I've come to love (and use) this in most of my recipes.

Add plenty of salt.....and lots of fresh pepper. Mix well and set aside.

Cook the sausage on high heat, drain and set aside.

Add sausage on top of hash browns. Add the cheese. Mix it up good, Pour the egg mixture over everything in the crock pot. Using a wood spoon, even everything out so it's spread evenly.

Cook 6-8 hours and wake up to breakfast ready to eat.



Tater Tot Breakfast Pie Serves: 8 slices

Ingredients

- 30 oz bag tater tot crowns
- ½ tbsp vegetable oil
- 6 eggs
- Salt
- Pepper
- 2 cups shredded cheddar cheese
- ¾ cup cooked, crumbled bacon
- ¾ cup cooked, crumbled sausage

- 1.Preheat oven to 425 degrees.
- 2.Line the bottom of a greased cast iron skillet with tater tot crowns and then line the sides of the pan.
- 3.Bake for 15 minutes.
- 4.While baking, heat the oil in a pan over medium heat. Whisk together the eggs and a sprinkle of salt and pepper. Cook the eggs until just set (they will cook more in the oven).
- 5.Remove the tater tots from the oven and use a spatula to press down on top and sides of the pizza to smash the tater tots a bit.
- 6.Top with one cup of shredded cheddar cheese.
- 7.Add the scrambled eggs, sausage crumbles and another cup of shredded cheese, making sure the cheese reaches the tater tots on the sides of the pans.
- 8.Sprinkle with the crumbled bacon and bake for an additional 10 minutes.



No Oil No Sugar Banana Bread

This is a DENSE bread, the last one I made I actually weighed on my kitchen scale and it came to just under 2 1/2 lbs! This probably due to the 2 1/3 cups mashed bananas;

I position my rack one notch lower than direct middle of my oven and it comes out perfectly.

Ingredients:

- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup sugar-free applesauce
- 3/4 cup honey
- 2 eggs, beaten
- 3 mashed overripe bananas

How To Make It:

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9×5 inch loaf pan.

In a large bowl, combine flour, baking soda and salt. In a separate bowl, mix together applesauce and honey. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.

Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.



APPLE ENCHILADAS

1 (21-ounce) can apple fruit filling
6 (8-inch) flour tortillas
1 teaspoon ground cinnamon
1/3 cup butter or margarine
1/2 cup sugar
1/2 cup firmly packed light brown sugar
1/2 cup water

Step 1

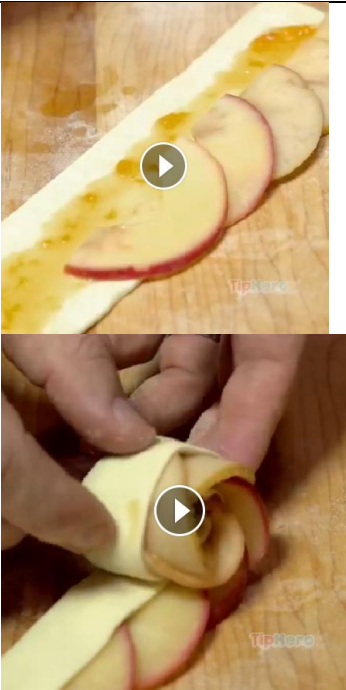
Spoon fruit filling evenly down center of each tortilla; sprinkle evenly with cinnamon. Roll up, and place, seam side down, in a lightly greased 2-quart baking dish.

Step 2

Bring butter and next 3 ingredients to a boil in a medium saucepan; reduce heat, and simmer, stirring constantly, 3 minutes. Pour over enchiladas; let stand 30 minutes.

Step 3

Bake at 350° for 20 minutes.



Apple Roses Muffin Cups:

(Use Honeycrisp or Pink Lady Apples for best results)

Slice 6 apples & soak in water and the juice from ½ a lemon and microwave for 3 minutes.

Lay out 1 sheet of puff pastry and slice into 6 strips.

Layer the preserves and apples as shown:

Sprinkle with cinnamon and sugar and fold the pastry sheet in half leaving the apples exposed on the top half.

Now roll it up like a rose. Place it in a muffin pan:

Bake at 375 degrees for 35-35 minutes. Sprinkle with powdered sugar and serve warm.





Strawberry Cheesecake Overnight Oatmeal Recipe

Eat dessert for breakfast with these Strawberry Cheesecake Overnight Oats. Sweet, tangy, and satisfying, these healthy oats are sure to kick your day off right.

- 1/3 cup plain Greek yogurt
- 1/2 cup (heaping) rolled oats
- 2/3 cup unsweetened milk of choice
- 1 tablespoon chia seeds or ground flax meal
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 0–2 tablespoons honey or maple syrup
- 1/4 cup chopped fresh strawberries
- 3 tablespoons softened cream cheese
- Zest and juice of 1/2 lemon

Instructions

Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid.

Close and refrigerate for at least 4 hours, but preferably overnight before eating.



Key Lime Pie Overnight Oats

Tangy and sweet, these Key Lime Pie Overnight Oats are like eating your favorite pie for breakfast!

- 1/3 cup plain Greek yogurt
- 1/2 cup (heaping) rolled oats
- 2/3 cup unsweetened milk of choice
- 1 tablespoon key lime juice (regular lime works, too)
- 2 tablespoons softened cream cheese
- 1 tablespoon chia seeds or ground flaxmeal
- 1/2 teaspoon key lime zest (regular lime works, too)
- 1/2 teaspoon vanilla extract
- Pinch of salt

- 0–2 tablespoons honey or maple syrup

Crunched graham cracker crumbs

Instructions

Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a pint or half liter jar with a tight-fitting lid.

Close and refrigerate for at least 4 hours, but preferably overnight, before eating.



BAVARIAN CREAM (6 servings)

- 2 envelopes plain gelatin
- 2 tablespoons water
- 1 tablespoon vanilla
- 1/2 cup hot milk
- 1/2 cup sugar
- ~ 3 egg yolks
- 1 cup heavy cream
- 1 cups crushed ice

1. Put gelatin, water, vanilla and hot milk into container. Cover.

2. Press button 6 for 30 seconds. After 20 seconds remove inner cap of cover and add

sugar and egg yolks. Add cream and ice. Cover.

3. Press button 14 and blend 20 seconds, stopping to push down with spatula when necessary. Use flash blend to finish blending when needed.

4. Pour into 4-cup mold and let chill for 5 to 10 minutes before serving.

Serve this marvelous dessert with a raspberry sauce or a chocolate-mocha sauce that has a jigger of Grand Marnier added. Or substitute 2 tablespoons of Grand Marnier for the 2 table- spoons of water in the basic ingredients.



BANANA BREAD MUFFIN IN A MUG

This easy Banana Bread Muffin in a Mug recipe is perfect when you want a quick breakfast for one in minutes! A great way to use up those brown bananas!

INGREDIENTS

- 1/2 very ripe banana
- 1/4teaspoon vanilla extract
- 2 tblespoons all-purpose flour, or gluten-free flour mix
- 1 teaspoon sugar, optional but not needed
- 1/4 teaspoon baking powder
- Pinch of salt
- 1 tsp oil of your choice, optional but not needed

Optional add ins:

- mini chocolate chips, sprinkles, chopped walnuts, chopped pecans, hemp seeds, etc, (extra points)

Lobe Logic Lobe Lifting Heavy Earring Support Hooks

Just loop the lobe lifter over your ear and insert your earring through your ear and the bottom hole in the lobe lifter.

[Check out my Etsy page for Lobe Logic Heavy Earring Hooks](#)