

Instant Oatmeal Packets

Number of Packets Needed:	8	
5 1/3 Cups		Quick Oats
1 1/2 Cups		Powdered Oats
1/2 Cups		Brown Sugar
8	tsp	Sugar
2	tsp	Cinnamon
8	Pinch	Salt

- 1- Blend 3 cups of oats until powdery.
- 2- Combine the following ingredients into a small ziplock sandwich bag.
 - 1/3 cup Quick Oats
 - 3 Tbsp Powdered Oats
 - 1 Tbsp Brown Sugar
 - 1 tsp Sugar
 - 1/4 tsp Cinnamon
 - 1 pinch salt
- 3- To prepare: Empty packet into a microwable bowl. Add 2/3 cup water, microwave for 1 minute, stir. If desired add 1/4 cup milk.

*Serve with fresh sliced peaches (or bottled) and chocolate milk

*Serve with Bananas and Chocolate Milk

Buttermilk Pancakes

4	Tbsp	Dried Buttermilk
1	Cup	Flour
1	Tbsp	Sugar
1	tsp	Baking Powder
1/2	tsp	baking soda
1/4	tsp	salt
1		egg
1	cup	water
2	Tbsp	Vegetable Oil

- 1- Combine Dry Ingredients. Store in an air tight container until ready to serve.
- 2- To serve: beat egg, water and oil together. Add to dry ingredients and mix until smooth.
- 3- Pour batter onto a hot griddle and cook until golden brown, turning once.

*Serve with Fried Eggs and Orange Juice

Waffles

2	Cups	Flour
1	Tbsp	Sugar
4	tsp	Baking Powder
1/4	tsp	Salt
2		Eggs
1 3/4	Cups	Milk
1/2	Cups	Vegetable Oil
1/2	tsp	Vanilla

- 1- In a large bowl beat eggs until fluffy. Add in remaining ingredients.
- 2- Pour prepared batter into a 1-Gallon Ziplock bag and refrigerate.
- 3- To serve: heat waffle iron. Remove batter from refrigerator and mix well. Cut a hole, about the size of a quarter, in one corner of the bag. Squeeze batter onto hot waffle Iron.
- 4- Cook 1 lb bacon, reserve 5 slices for creamed eggs.

*Serve with Bacon and Orange Juice

Chili Style Scrambled Eggs

5		Eggs
1/4	Cup	Milk
3	Tbsp	Mayonnaise
2	Tbsp	Chili Sauce

- 1- Blend together eggs and milk. Pour into a hot, well greased skillet. Do not touch until the eggs begin to set. Gently lift the edges and allow the uncooked egg to run to the bottom. When all the liquid is gone flip or stir until cooked through.
- 2- Remove eggs from heat, stir in mayonnaise and chili sauce. Serve immediately.

*Serve with a cream cheese bagel and Orange juice