Egg-cellent Breakfast Recipes

Freezer-Friendly Breakfast Burritos

Ingredients:
1/4 cup butter or 2-3 Tbsp oil
1/3 cup chopped onion
1/3 cup chopped green pepper
18 eggs
1/2 cup milk
1 cup sausage or chopped ham (optional)
1 teaspoon salt
1/2 teaspoon pepper
2 cups shredded cheddar cheese
20 flour tortillas

Instructions:
1. Sauté the veggies in the butter or oil.
2. Beat eggs and milk, and add it to the pan. Add salt and pepper, stirring occasionally, until eggs are set.
3. Scoop 1/2 cup egg mixture onto tortillas. Fold ends under and roll up. Freeze or put all burritos in a baking dish, and bake at 350 degrees for 20 minutes or until heated through. Serve with salsa.
4. To freeze: Wrap burrito in a sheet of foil. Seal tightly and place in freezer bags. When bag is full, remove all air and seal. Freeze. To serve: Remove foil and put damp paper-towel-wrapped burrito in microwave. Reheat for around one minute. Serve with salsa.

No-Bake Energy Bites
https://www.gimmesomeoven.com/no-bake-energy-bites/

Ingredients:
1 cup oats
2/3 cup toasted coconut flakes
1/2 cup peanut butter
1/2 cup ground flax seeds
1/2 cup semisweet chocolate chips
1/3 cup honey or agave nectar
1 tablespoon chia seeds (optional, but recommended)
1 teaspoon vanilla extract

Directions:
1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
2. Once chilled, roll into balls of whatever size you would like.
Apple & Cinnamon Baked Oatmeal
Recipe adapted from https://www.melskitchencafe.com/amish-style-apple-and-cinnamon-baked-oatmeal/

Ingredients:
3 cups old-fashioned rolled oats
1 ½ tsp Baking powder
2 tsp cinnamon
¼ tsp nutmeg
⅛ tsp salt
⅓ cup brown sugar (or to taste)
2 ½ cups milk
2 large eggs
1 tsp vanilla extract
4 tbsp butter, melted
2-3 large tart, sweet apples (Honey Crisp, Gala, etc.), peeled, cored, and diced
Plain yogurt or milk (for topping)

Directions:
1. Lightly grease a 13X9-inch baking pan with nonstick cooking spray. Preheat the oven to 325 degrees Fahrenheit.
2. In a large bowl, whisk together oats, baking powder, cinnamon, nutmeg, salt, and brown sugar.
3. In another bowl, whisk together milk, eggs, and vanilla. Pour this mixture over the dry ingredients, add melted butter, and stir to combine.
4. Arrange the diced apples evenly over the bottom of the baking dish and pour the oatmeal mixture over the top.
5. Bake for 35-45 minutes until the top is golden and the mixture is no longer jiggly.
6. Serve warm with milk, yogurt, and/or other desired toppings.

More Make-Ahead Breakfasts:
• Smoothies
  o Blend fruit, protein source (yogurt, nut butter, silken tofu, etc.), oats (optional), and milk of choice. Freeze in ice cube trays. Remove from freezer the night before you want to drink it.
• Baked egg muffins + carbohydrate source (fruit, oatmeal, etc.)
• Overnight oats
• Yogurt parfaits (add granola right before eating)