

the non-designer's



# breakfast cook book

waffles ♦ eggs ♦ bacon

with recipes from Carlsbad Cravings and Plain Chicken

design by Noah Ledesma



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# Bacon, Egg & Cheese Sandwich

## Ingredients

### *Casserole*

2 Tbsp butter, melted  
2 cups shredded sharp cheddar cheese  
9 eggs  
1 cup heavy cream  
1/2 tsp salt  
1/2 tsp dry mustard  
1/4 tsp rubbed sage  
1/4 tsp black pepper  
1/4 tsp red pepper flakes

8 precooked old-fashioned biscuits  
8 slices bacon, cooked

## Instructions

For the casserole: Preheat oven to 350 degrees

Pour melted butter into an 8x8-inch baking dish. Cover bottom of pan with shredded cheese.

Whisk together eggs, heavy cream, salt, dry mustard, black pepper and red pepper flakes. Pour egg mixture over cheese.

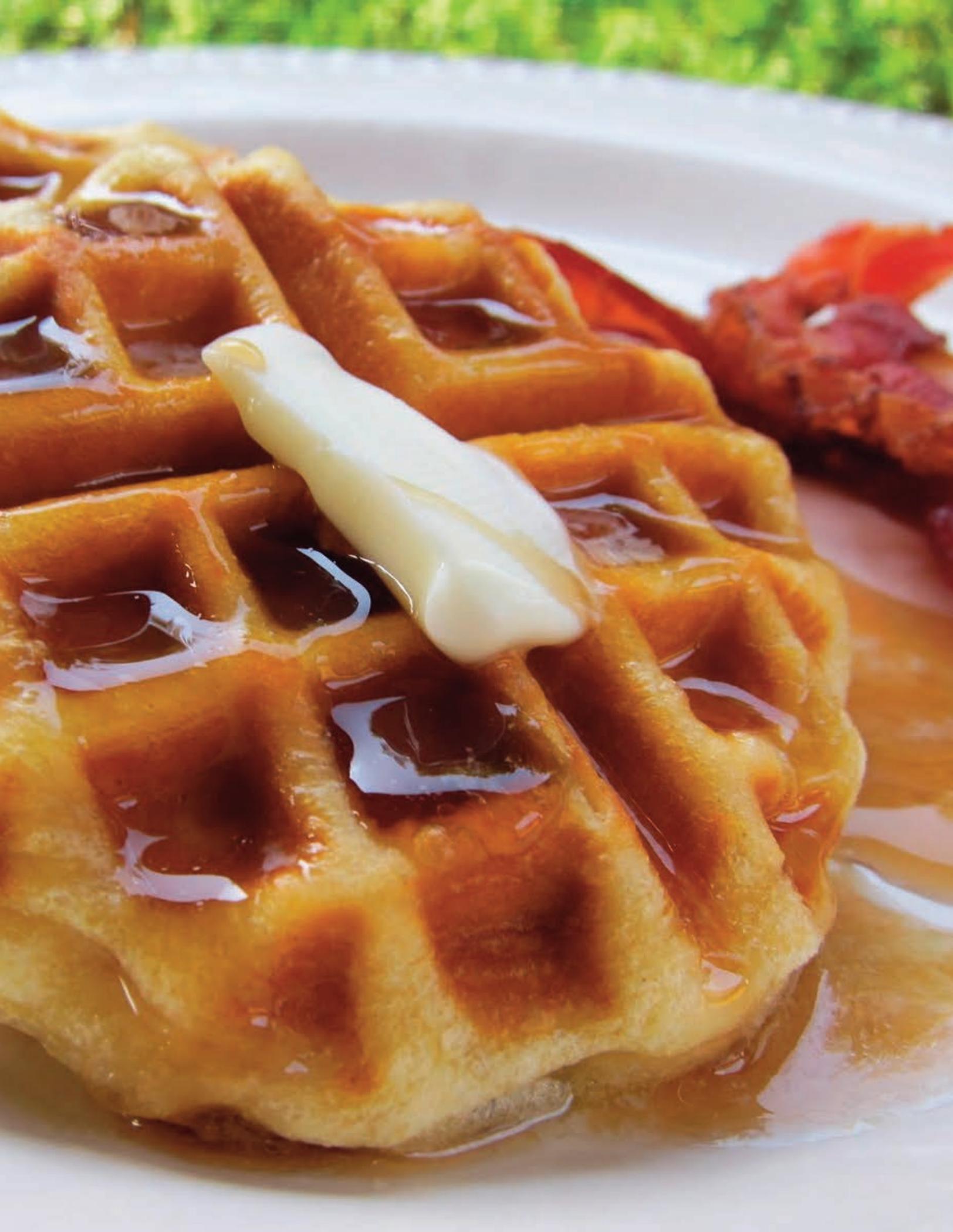
Bake for 25-30 minutes, until top of casserole puffs up and is golden brown. Cool 15 minutes.

Cut casserole into 9 squares. Fill each biscuit with a slice of egg casserole and top with bacon.

**\*\*Can assemble biscuit sandwiches, wrap each in foil and reheat at 350 for 10 minutes later.\*\***

## Notes

You can make the egg casserole and assemble the biscuits the night before. Wrap each sandwich in foil, refrigerate and reheat the next morning for a quick on-the-go breakfast. This Bacon, Egg and Cheese Breakfast Sandwich is 1000 times better than the drive-thru you might stop at on your way to work. I promise!



# Biscuit Waffles

## Ingredients

1 can Grands Jr. Golden Layers biscuits  
cooking spray  
butter  
syrup

## Instructions

Spray waffle maker with cooking spray. Heat waffle maker.

Separate dough into 10 biscuits. Place up to 4 biscuits at a time on waffle maker.

Close lid of waffle maker; cook 1 to 2 minutes or until light golden brown.

Serve immediately with butter and syrup.

## Notes

Are you looking for the easiest breakfast recipe ever? Well, look no further. These waffles are made with only one ingredient - canned biscuits! You can have fresh waffles on your plate in 90 seconds. This recipe could make me change my mind about making breakfast during the week! I think these are even easier than frozen waffles. I know they are cheaper!



# Baja Chorizo Breakfast Tacos

## Ingredients

10-12 corn tortillas, warmed

### *Chorizo Eggs*

10 oz. quality Mexican chorizo sausage, casing removed

1 small onion

1 anaheim pepper

8 eggs whisked with  $\frac{1}{4}$  cup milk

2 cloves garlic, minced

$\frac{1}{2}$  of 4 oz. can green chilies

$\frac{1}{2}$  teaspoon cumin

$\frac{1}{2}$  teaspoon chili powder

$\frac{1}{2}$  cup queso fresco

### *Refried beans*

1  $\frac{1}{2}$  cups refried beans

$\frac{1}{2}$  of 4 oz. can green chilies

$\frac{1}{2}$  teaspoon cumin

### *Garnish*

Fresh Corn and Avocado Salsa

Sour cream

Hot sauce

## Instructions

Heat large skillet over medium heat and add chorizo, onion and Anaheim pepper and cook on medium heat for 7-10 minutes or until chorizo is cooked though. Add garlic and saute 30 more seconds. Strain off excess grease.

Add eggs, cumin and chili powder to chorizo and cook over medium heat until eggs are almost set, about 5 minutes, then stir in cheese. Taste and add salt, pepper and hot sauce to taste.

Add refried beans and green chilies to a microwave safe bowl and warm in microwave. Stir to combine.

Assemble by spreading beans on top of corn tortillas, followed by chorizo eggs, then top with Corn and Avocado Salsa followed by sour cream and freshly squeezed lime juice.

## Notes

Not a fan of breakfast? This meal is perfect for breakfast, lunch, or dinner!



# Butterscotch S'more Pancakes

## Ingredients

### *Dry Ingredients*

1 cup flour  
1/2 cup graham crackers, crushed  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1 teaspoon cinnamon

### *Wet Ingredients*

1 1/4 - 1 1/2 cups milk  
2 eggs, beaten  
1/2 teaspoon vanilla  
2 tablespoons butter, melted  
1/4 cup semi-sweet chocolate chips  
1/4 - 1/3 cup butterscotch chips

### *Marshmallow Syrup*

1 7 oz. jar marshmallow fluff (approx. 1 cup)  
2 tablespoons water

## Instructions

Whisk together dry ingredients in a large bowl. Whisk together wet ingredients in a medium bowl, stirring in the chocolate and butterscotch chips last. Gently sift dry ingredients into wet ingredients, mixing until just blended. (Don't overmix! There should still be lumps)

Heat nonstick skillet or griddle on medium heat. Pour batter using a 1/4 cup measuring cup. Wait until bubbles form, then flip and cook an additional 30-60 seconds or until pancake is cooked through.

To make the syrup, add marshmallow fluff and water to a medium bowl and microwave for 15 seconds. Stir marshmallow fluff and water until smooth. For a thinner syrup, stir in additional water.

## Notes

Try varying the amount of milk and butterscotch chips, depending on your desired thickness and sweetness/butterscotchness, respectively.



# Sausage Gravy Breakfast Bake

## Ingredients

1 lb sausage  
2 cups shredded Cheddar cheese  
6 eggs, beaten  
1 cup water  
1/2 cup milk  
2 packages McCormick Sausage Flavor Country Gravy Mix  
6 slices bread, cut into 1-inch cubes  
2 tablespoons melted butter

## Instructions

Preheat oven to 325°F.

Cook sausage in large skillet on medium heat until brown. Drain sausage. Spread in lightly greased 11x7-inch baking dish. Sprinkle cheese over sausage.

Beat eggs, water, milk and 1 packet gravy mix in medium bowl with wire whisk until well blended. Pour over cheese. Arrange bread cubes evenly over mixture. Drizzle butter over bread.

Bake, uncovered, 40 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before serving.

Prepare additional package of McCormick Sausage Country Gravy Mix as directed on package. Serve with casserole.

## Notes

This recipe is a little different from usual breakfast casseroles where the bread is baked in the casserole. In this recipe, the bread is cubed and baked on top of the casserole.



# Blueberry Maple Cornbread Muffins

## Ingredients

1 cup blueberries

### *Dry Ingredients*

1 1/2 cups yellow cornmeal

1/2 cup all-purpose flour

1 tablespoon baking powder

1/2 cup granulated sugar

1/2 teaspoon salt

### *Wet Ingredients*

1 cup buttermilk

2 large eggs

1/2 stick butter, melted

1/3 cup pure maple syrup

## Instructions

Spray a 12 count muffin tin with nonstick cooking spray WITH flour in it, or grease and flour your pan OR you can use regular nonstick baking spray with muffin/cupcake liners.

Preheat oven to 400 degrees F.

Add Dry Ingredients to a large bowl and stir until evenly combined. In a separate bowl, whisk together the Wet Ingredients. Add the wet ingredients to the dry ingredients and stir until just combined. Gently fold in blueberries. Batter will seem very wet which is normal.

Evenly divide batter between 12 muffin tins (they will fill to the top) bake for 15-20 minutes, or until edges are golden. Cool muffins in pan then remove by gently slicing around each muffin with a knife.

## Notes

They are a dream breakfast, side, snack, potluck, barbecue or tasty treat. Basically, they are a dream anything you want them to be and that dream can be your reality in just 25 minutes!



# Cheesy Bacon Breakfast Casserole

## Ingredients

1/2 lb bacon, cooked and chopped  
1 (8 oz) loaf Italian bread, cut into 1-inch cubes  
2 cups shredded cheddar cheese  
1 cup shredded mozzarella cheese  
1 cup cottage cheese  
1 1/2 cups milk (I used 1%)  
5 eggs  
1/2 tsp onion powder  
1/2 tsp ground mustard  
1/4 tsp ground pepper

## Instructions

Preheat oven to 350.

Lightly spray a 9x13-inch pan with cooking spray. Place half of the bread cubes in the bottom of the pan. Top with half of the bacon and cheeses. Spread all of the cottage cheese over the cheese and bacon. Top with remaining bread cubes. Top bread with remaining bacon and cheese.

In a medium bowl, whisk together the eggs, milk, onion powder, dry mustard and pepper. Pour evenly over top of the casserole.

Bake 40-50 minutes, until golden brown. Allow to cool 5 minutes before slicing.

## Notes

If you want to prepare this dish ahead of time, increase the milk to 2 cups and refrigerate overnight.

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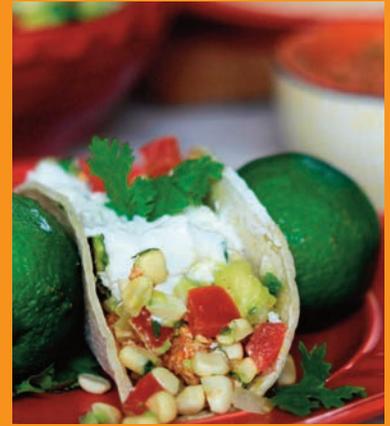
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7 easy-to-prepare recipes guaranteed to spice up your mornings by Food bloggers Carlsbad Cravings ([carlsbadcravings.com](http://carlsbadcravings.com)) and Plain Chicken ([plainchicken.com](http://plainchicken.com))!

