

## Egg Muffins

Serving Size: 2 egg muffins  
Yield: 12 egg muffins per recipe

### Ingredients

#### Base:

12 whole eggs  
1 pinch salt  
1 pinch black pepper  
1 Tbsp chopped chive or parsley Optional

#### Veggie Loaded:

½ cup raw broccoli  
½ cup diced tomatoes  
½ cup cheddar cheese  
¼ cup diced red pepper  
¼ cup diced red onion

#### Turkey Sausage w/Veggies:

8 oz turkey (all natural)  
breakfast sausage (cooked and chopped)  
1- ½ cups fresh spinach, chopped  
¾ cup diced red pepper  
¼ cup diced red onion  
½ cup cheddar cheese

### Directions

1. Start by pre-heating your oven to 350F, and cracking 12 eggs into a large mixing bowl. Whisk the eggs until well combined, and then season with salt and pepper and optional herbs.
2. Prepare various filling ingredients as per the flavor recommendations listed.
3. Brush or spray a 12 cup muffin pan liberally with oil, or non-stick spray to prevent the egg muffins from sticking.
4. Evenly distribute the filling ingredients among the muffins cups, and then pour the

- egg filling over top, filling each cup about ¾ full. It's ok if you have leftover filling.
5. Bake the assembled breakfast egg muffins at 350F for 20-25 minutes until set and just starting to brown on top.
6. Remove the egg muffins from the oven and let cool for at least 5 minutes before attempting to remove from the pan. Use a knife to cut around the sides and loosen the egg muffins if need be.
7. Enjoy the breakfast egg muffins while hot, or cool and refrigerate for meal prep!

## Chia Seed Pudding

### Ingredients

- 1-1/2 cups dairy free milk (if vegan, otherwise regular milk is fine)
- 1/2 cup chia seeds
- 1 Tablespoon maple syrup
- 1 teaspoon vanilla extract
- blueberries and strawberries, for topping

### Directions

In a bowl or mason jar, mix together chia seeds, milk, maple syrup and vanilla. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything.  
Combine and refrigerate overnight (or at least 6 hours).

The chia pudding should be thick and creamy. If not, add more chia seeds, stir, and refrigerate for another hour or so.  
Top with fruit of your choice  
Note: Keep covered in refrigerator up to 5 days.

Campus Recreation & Auxiliary Services Present

Healthy Breakfast & Snacks

# Cooking Class

Instructors: Kathryn Szklany, Registered Dietitian, and Judith Phillips



Friday, April 5

Mackin Kitchen 3pm - 5pm

## Whole-Grain Buttermilk Pancakes

Serves:6

### Ingredients

- 1 1/2 cups whole-wheat flour
- 2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 large egg
- 1 1/2 cups buttermilk or mix 1-1/2 Tbsp. lemon juice or vinegar to 1-1/2 cup skim milk and let stand for 10 minutes
- 2 Tbsp. canola oil
- 1 Tbsp. sugar

### Directions

1. Whisk flour, baking powder, baking soda and salt in a large bowl.
2. Whisk egg, buttermilk, oil, sugar and vanilla in a medium bowl.
3. Make a well in the center of the dry ingredients, add the wet ingredients and whisk just until combined. Resist over mixing—it will make the pancakes tough.
4. Let the batter sit, without stirring, for 10 to 15 minutes. As the batter rests, the baking powder forms bubbles that create fluffy pancakes and the gluten in the flour relaxes to make them more tender.
5. Coat a large nonstick skillet or griddle with cooking spray; heat over medium heat. Without stirring the batter, measure out pancakes using about 1/4 cup batter per

pancake and pour into the pan (or onto the griddle). Cook until the edges are dry and you see bubbles on the surface, 2 to 4 minutes. Flip and cook until golden brown on the other side, 2 to 4 minutes more. Repeat with the remaining batter, coating the pan with cooking spray and reducing the heat as needed.

**Make Ahead Tip:** The mixture of dry ingredients can be stored airtight for up to 1 month; the batter can be refrigerated for up to 1 day; cooked pancakes can be frozen airtight, in a single layer, for up to 3 months. Reheat in the microwave or oven.

## Whole-Grain Buttermilk Pancakes Variations

### Ingredients

- Blueberry-** Stir in 1 cup of fresh or frozen blueberries to batter
- Lemon Poppy Seed-** add 1 Tbsp Poppy Seeds to dry ingredients and 1 Tbsp. Lemon Zest to wet ingredients
- Pumpkin-** add ½ tsp Pumpkin Pie Spice to dry ingredients and 1 Cup Pumpkin Puree and ½ cup Chopped Pecans to wet ingredients
- Gingerbread-** add 1-1/4 tsp. Pumpkin Pie Spice and 1 tsp. Ground Ginger to dry ingredients and ½ cup unsweetened applesauce and 2 tsp. Molasses to wet ingredients
- Banana Chocolate Chip-** add 1/3 cup Mini Chocolate Chips to dry ingredients and 1 cup Mashed Ripe Bananas (2-3 medium) to wet ingredients

### Pancake Toppings:

- Honey Yogurt Sauce-** Whisk 2 cups non-fat plain Greek yogurt and ¼ cup honey in a medium bowl until well combined.
- Mixed Berry Sauce-** Toss 3 cups mixed frozen or fresh berries with 3 Tbsp. sugar and 2 tsp. cornstarch in a large microwave-safe bowl until well combined. Microwave on High for 2 minutes. Stir and microwave on High again until slightly thickened and steaming, 2 1/2 to 3 1/2 minutes more.

## No-Bake Breakfast Bars

Serving Size: 1 bar  
Yield: 16 bars

### Ingredients

- 5 cups quick oats
- 1 1/3 cups peanut butter (natural)
- 1 cup skim milk
- 3 tbsp honey

### Directions

1. Add honey to milk in bowl and mix well.
2. Add peanut butter and mix everything together with a spoon.
3. Add quick oats and mix well.
4. Spray 9x12 dish with cooking spray. Flatten the mixture into the dish.
5. Chill in the fridge overnight (or minimum 2hrs) then cut into 16 bars.
6. Refrigerate or freeze.

### Variations:

- (add to bowl before oats)
- ½ cup Raisins
  - ½ cup Sliced Almonds
  - ¼ cup Chia Seeds
  - ½ cup Dried Cherries
  - ¼ cup Chocolate Chips

**Other add-in ideas:** freeze dried strawberries or blueberries, flax seed, dates, diced apples