

Homemade Breakfast for You



Every once in a while we all like a little treat and right now, the simple pleasures are going a long way in isolation. While some of us are baking to find our sense of calm, others are awaiting something that they haven't labored over. Some of us are simply hankering over a quiet cup of tea and toast. We hear you!

Here are a few easy, yummy recipes for you to enjoy.

Granola

What you need:

- 4-5 tablespoons of oil or butter
 - 3 cups of oats (you could use coconut flakes)
 - A smattering of your choice of chopped nuts, seeds or dried berries
 - 3 tablespoons of maple syrup or honey
- For later - Perhaps you would like to add yoghurt or fresh fruit

What to do:

1. Preheat oven to 120 C or melt oil/butter on a low heat on stove top
2. Mix your ingredients together in a bowl
3. Spread on a baking paper lined tray, making a thin layer. Bake for 15-20 minutes, giving the mixture a stir at around the halfway mark to ensure all bits are golden brown (nice and crunchy!) If you are using the stovetop, don't stray too far. Keep an eye on the mixture, stirring occasionally until golden brown.
4. Voilà! Time to serve. Add your extra toppings and breakfast is ready to go. Yum! **What to add:** Almonds, Pumpkin seeds, Walnuts, Sultanas, Choc chips, Goji berries

[Check out this great Granola video from ABC Life](#)

Make this
for Mum or a
loved one this
Mother's Day



What about muffins?

See next page for step by step



Homemade Breakfast for You

Choc, Raspberry and Blueberry Muffins

Is there anything nicer than a warm muffin enjoyed on a cold morning? Follow our recipe below and enjoy with your family this week.

What you need:

- 1 1/2 cups (250 g) flour, sifted (you could use gluten-free flour, or almond meal)
- 2 1/2 tsp. baking powder
- 1/2 tsp. salt
- 2 eggs
- 1 1/2 cups (250 g) milk (almond milk, oat milk or coconut milk also works well)
- 1 cup (125 g) butter, melted
- 75 ml sugar
- 1/2 cup of mixed blueberries and raspberries
- 1/4 - 1/2 cup of choc chips

What to do:

1. Preheat oven to 180
2. Oil a muffin tray or place in cupcake holders
3. Combine flour, baking powder and salt in bowl
4. Add the butter, sugar, eggs, milk
5. Mix mix mix until combined
6. Slowly stir though the raspberries and blueberries. Don't forget the chocolate for an added taste of delight!
7. Dispense into muffin trays and cook for 20-30 minutes (check with a skewer to see if they are cooked through)
8. Place on cooling tray. Let them rest for a five minutes and then tuck in if you would like to enjoy them while they're still warm. Bon appetite!



Homemade Breakfast for You



Other Ideas

[Nigella's Donut French Toast](#)



[The Perfect Scone brought to you by 92 year old Muriel](#)



[Pecan Pancakes with Maple Butter by Joanna Gaines](#)

[Jamie Oliver's Hash Browns](#)

[Walnut Espresso Cake with Mascarpone by Julia Busuttill Nishimura](#)



[Berry Omelet by Sarah Wilson](#)



Share your breakfast creations with us on Facebook or Insatgram! #playgroupathome

