

# Breakfast Tray Bake

## Prep the ingredients:

- Bacon cooked
- Ham
- Fried eggs
- Scrambled eggs
- Fresh egg
- Mushrooms Sautéed
- Cherry Tomatoes
- Grilled tomato
- Grilled Capsicum
- Sugar snap peas blanched in boiling water
- Haloumi browned in oiled pan
- Spinach wilted or fresh
- Cheese
- Sausages browned
- Baked Beans
- BBQ Sauce
- Black Beans, Corn & Salsa

Just examples .....Get creative

## Fill the foil trays:

- Add saucy ingredients first like baked beans or wilted spinach
- Arrange other ingredients on top
- Wrap in foil, if putting cheese on top add a piece of baking paper then the foil.
- Store in fridge 2-5 days
- If freezing label and wrap tightly in gladwrap and store for 3-6 months.



**To bake:** oven 170c for 10-20min covered with foil. More densely filled trays will take longer to reheat.

If items are cooked including egg they can be prepped into microwave safe. Container and heated that way. They can also be prepped in glass or other oven safe dishes and heated in the oven that way.

If you have others with you at breakfast (Lunch or even dinner) do the individual meals or make a bigger multi-person dish in baking dish (Looks best if you group ingredients together iw sausages together, etc

# TikTok Breakfast Sandwich

## Ingredients

- 2 whole eggs
- S&P
- 2 slices of bread
- Butter or oil for your pan and bread
- Cheese and bacon, optional

## Instructions

Whisk two eggs in a bowl and seasonal, then pour into a greased frypan over medium heat. Add any flavourings to the egg

- Bacon
- Spinach, Avocado, Tomato, Mushrooms
- Cheese, Feta, Goat Cheese

Butter two slices of bread on one side and place down in egg buttered side up.

Once the eggs are looking cooked, flip both the slices of bread over at the same time (so the eggs are now on top).

Fold any overlapping edges of egg onto the bread, then flip one slice of bread onto the other to finish off your sandwich. Toast the bread on each side till browned to your liking.

## Initial Thoughts

I didn't think this would work or be easy but I was shocked with how easily it turned out well....Now I am getting creative with what to put in them.



# Breakfast/Lunch Wrap

## How to make a wraps

### 1. Prep the ingredients:

- Bacon (Cooked), Scrambled eggs, Mushrooms, Cheese
- Sausage, Baked Beans, Scrambled eggs, BBQ Sauce, Cheese
- Scrambled eggs, Cheese, Black Beans, Corn & Salsa
- Taco beef mince, salsa, guacamole, Cheese
- Lettice, Tomato, Bacon, Parmesan, Avocado

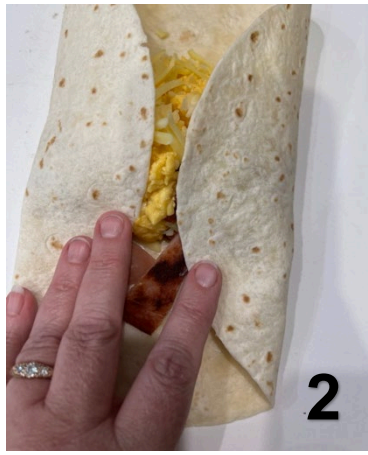
### 2. **Wrap:** Lay your wrap out on a cutting board.

Place filling centre of the wrap.

### 3. **Fold the wrap:** Fold the wrap up, starting by folding the sides in, then the part closest to you then roll it till rolled up.

### 4. **Grill the wrap:** Grill your wrap in a panini press or place it in a pan and cook over medium heat, flipping once....No oil needed

### 5. **Enjoy eating** your homemade wrap!



## Store:

**In fridge:** up to 5 days or used by date of ingredients that go off first

**In freezer:** for 3-6 months. Wrap in baking paper, then in glad wrap or foil. Tore in air-tight container or snap lock bag. They will freeze better if no oxygen in the container/bag.

# Apple Cinnamon Refrigerator Oatmeal

## *Ingredients*

- 1/4 cup uncooked rolled oats
- 1/3 cup milk
- 1/3 cup low-fat Greek yogurt
- 1-1/2 teaspoons dried chia seeds
- 1/2 teaspoon cinnamon
- 1 teaspoon Maple Syrup, optional (or substitute any preferred sweetener)
- 1/4 cup Tinned apples (or apples you have cooked yourself), or enough to fill jar



## *Directions*

In a 1 cup jar, add oats, milk, yogurt, chia seeds, cinnamon and honey. Put lid on jar and shake until well combined. Remove lid, add apples and stir until mixed throughout. Return lid to jar and refrigerate overnight or till use by date of the Yoghurt or milk (Whatever comes first). Eat chilled.

# Refrigerator Oatmeal Bulk Quantity

## *Ingredients*

- 1 ltr milk
- 1kg Greek yogurt
- 4.5 cups uncooked rolled oats
- ½ Cup chia seeds

Add sweetener like maple syrup (approx. ¼ Cup), a fruit (2-3 Cups) and another flavour if you like (Cinnamon 3 Tablespoons)

Add Yoghurt, Milk & Sweetener like maple Syrup and whisk to combine. Add Oats, Chia, Fruit and Flavorings and stir to combine. Refrigerate overnight or till use by date of the Yoghurt or milk (whatever comes first). Eat chilled. Tip with Muesli if desired.

## Flavour examples

- Tinned or Stewed Apple, Maple Syrup & Cinnamon
- Frozen Raspberry, Lemon Zest & Maple Syrup
- Cocoa powder, Honey & diced ripe Banana
- Tinned Apricots, Maple Syrup & Almond flavor (Flakes or almond meal also)
- Pineapple + Pineapple juice from tin, Lime (Zest and Juice) & Mint chopped finely
- Stewed Rhubarb, Vanilla & Honey
- Cocoa powder, Honey & Frozen Raspberries
- Cocoa powder, Honey & Jared Maraschino Cherries + Desiccated Coconut