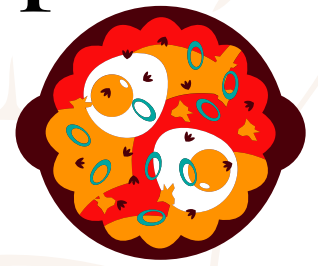




Sweet Potato & Pepper Hash

Ingredients



1 tbsp extra-virgin olive oil
½ sweet yellow onion, diced
2 garlic cloves, minced
¾ lb sweet potatoes, peeled & diced (~2 cups)
1 red bell pepper, chopped
¼–½ tsp smoked paprika
¼ tsp salt
¼ tsp black pepper

Scrambled Eggs:

8 eggs
¼ tsp salt
¼ tsp black pepper
1½ tsp olive oil

Soft Cheese (can be pre-herbed):

4 oz soft cheese, room temp (You can use goat cheese but I hate goat cheese - would use something else)
½ tsp each of dried basil, dried parsley, dried rosemary & dried thyme

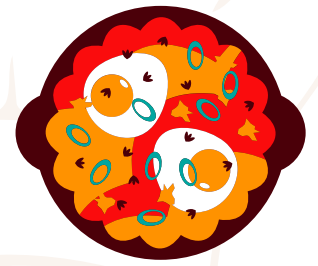
1 can (14 oz) black beans, rinsed (or 1½ cups cooked)
8 whole grain 8-inch tortillas
Hot sauce or chipotle salsa, for serving

Instructions:

1. Make the Hash: Heat oil in a skillet over medium. Sauté onion until soft, add garlic, then sweet potatoes. Cook for 5 minutes, stir in bell pepper, paprika, salt, and pepper. Cook until tender (~10 minutes total).
2. Scramble Eggs: Whisk eggs with salt and pepper. Heat oil in skillet, scramble gently until just set.
3. Mix the Cheese: Combine cheese with dried herbs until smooth.
4. Assemble Burritos: On each tortilla, layer sweet potato hash, black beans, scrambled eggs, and a dollop of cheese. Add salsa if using.
5. Wrap & Freeze: Fold in the sides and roll tightly. Wrap in foil or parchment and freeze.
6. To Reheat: Microwave for 2–3 minutes or warm in a skillet for crispy edges.



Freezer Breakfast Burritos Ingredients



10 large eggs
1 cup black beans, rinsed and drained
1 ½ cups shredded cheddar cheese
¾ cup salsa
6 tortilla shells (regular, whole wheat, low carb, etc.)
Spinach

Add ins:
Bacon
Chicken or turkey bacon
Pancetta
Ham, chicken or turkey sliced meats
Any vegetable you prefer
Beans

Instructions:

1. Crack the eggs into a large bowl and whisk until well combined. Season with salt and pepper (about ¼ teaspoon of each).
2. Heat a large nonstick skillet over medium low heat. Spray with cooking spray (or use a tablespoon or so of butter) and add the eggs.
3. Cook the eggs over medium low, stirring occasionally, until just set. Turn off the heat and let cool slightly.
4. Meanwhile, prepare the remaining ingredients and set up a burrito prep station. Place a tortilla on a plate or paper towel. Add a layer of spinach to the middle, if using, then top with the black beans and eggs, followed by the cheese and salsa.
5. Wrap up the burrito. You can fold in the sides and then roll it up, as a more traditional burrito, or you can simply fold up the sides, more like a taco. Wrap the burrito in a piece of aluminum foil.
6. Repeat with the remaining burritos until all the eggs are used up.
7. Place the foil-wrapped burritos in a large freezer-safe plastic bag that's been labeled and dated. Freeze for up to 3 months.



Freezer Breakfast Burritos

Notes:

This recipe makes 6 burritos but you may be able to get 7, depending on how full you stuff each one.

You'll want to be sure to use a regular sized tortilla - not the huge burrito sized ones.

You can choose regular, whole wheat, low-carb, gluten-free or a flavoured version like spinach or sun-dried tomato for your tortillas.

If you are making these specifically for the freezer, let your eggs cool down a little before you start assembling.

If enjoying right away, get everything prepped while the eggs are cooking so you can add those in, top with the cheese (it'll melt with the heat from the eggs) so you can serve these nice and hot. You can also store a few in the refrigerator, instead of the freezer, after you make them. They'll keep for 2-3 days.

Add-ins for breakfast burritos: Cooked, crumbled sausage or bacon; fresh spinach; sautéed or roasted veggies; cooked, shredded hash browns; etc.

Topping ideas: Extra salsa or fresh pico de gallo, extra cheese (melt over the top when reheating), avocado slices or guac, Greek yogurt or sour cream, chopped fresh cilantro, hot sauce or sriracha, pickled red onions, pickled or fresh jalapeños, etc.



Jeannette's Favourite Granola Ingredients



- 3 ½ cups rolled oats
- 1 cup nuts (I use a mix of walnuts, almonds, and pecans – whatever's in the pantry)
- ¼ cup unsweetened coconut flakes
- ¼ cup sunflower seeds
- 1 tsp cinnamon
- 1 tsp salt
- ½ cup melted coconut oil
- ½ cup pure maple syrup
- 1 tsp vanilla extract
- ½ cup dried fruit (raisins, cranberries, or chopped dates – added after baking)

Optional add-ins:

Chia seeds, hemp seeds or flaxseeds

Extra pinch of nutmeg for warmth

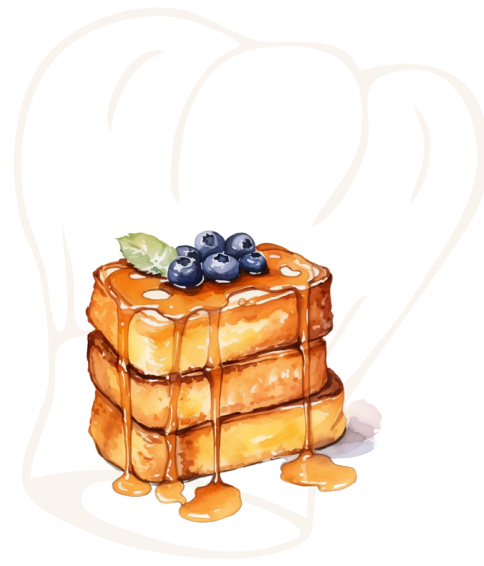
Instructions:

- Preheat your oven to 300°F.
- In a large bowl, combine the oats, nuts, coconut flakes, sunflower seeds, cinnamon, and salt.
- In a separate bowl, melt the coconut oil and stir in the maple syrup and vanilla extract.
- Pour the wet mixture over the dry ingredients and mix thoroughly until everything is well coated.
- Spread the mixture out evenly on a parchment-lined baking sheet.
- Bake for 15–20 minutes, stirring once halfway through. Look for a golden brown colour, your kitchen will smell amazing by this point.
- Remove from the oven and let cool completely, about 30–40 minutes. This is when it crisps up!
- Once fully cooled, stir in the dried fruit and transfer to an airtight container. It stays fresh for up to two weeks.



French Toast Casserole

Ingredients



- 5 cups French Bread Cubes
- 1 ½ cups of milk
- 4 large eggs
- ¼ white sugar, divided
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 1 tablespoon butter, softened
- 1 teaspoon ground cinnamon

Add cubed ham or other smoked meat for a sweet and savoury treat

Instructions:

- Gather all ingredients
- Preheat your oven to 350°F. Grease 8x8 baking pan
- Line the bottom of the prepared pan with bread cubes
- Beat the milk, eggs, 2 tablespoons of sugar, salt, vanilla together in a large bowl until well combined; pour over bread cubes and stir to coat. Dot with butter; let stand for 15 minutes.
- Combine remaining 2 tablespoons sugar with cinnamon; sprinkle over top of casserole.
- Bake in the preheated oven until the center is set and top is golden, about 45 to 50 minutes.
- Serve and enjoy.

Notes

Day old bread works great for this recipe

It's easy to assemble this the night before. Cover tightly, chill and bake the next day.