



Breakfast Express

In the morning, our families are always on the move trying to get to appointments and other necessary commitments. Help them have a quick, delicious, and hot breakfast! From breakfast burritos to blueberry muffins, come prepare fresh, frozen breakfasts for our families to take with them on busy mornings. Breakfast is always a wonderful way to start off the day!

What You Need to Know:

- ♥ We GREATLY appreciate you visiting our House to help our children and families.
- ♥ Our kitchens are fully stocked with pots, pans, and any other kitchen utensils used for cooking.
- ♥ There is a volunteer basket at the Welcome Desk providing instructions and supplies to make things run smoothly.
- ♥ There are no food or allergy restrictions.
- ♥ If your group is running late please dial 410.528.1010 ext. 0 to speak with our Welcome Team or Guest Services Manager

What to Bring With You:

- All delicious ingredients for the meal
 - If you could bring one or two **gluten free** options that would be very helpful for many families.
 - Example: Gluten free tortillas for breakfast burritos
- Wax paper
- Freezer bags- quart or gallon sizes
- Disposable plastic bowls (**ONLY for Acai Bowl option**)

What to Do When You Get Here:

- Park in our garage which can be accessed on Baltimore St. Pull in under the “Welcome Home” sign and ring the bell on the gooseneck – the Welcome Desk will open the gate for you.
 - Please park on the second level, leaving spaces on the first level available for families.
 - Parking in the garage may be limited; there is also on the street parking available in front of the House, on Aisquith St.
- Take the elevator to the 1st floor and walk to the Welcome Desk, located just past the grand staircase to the left.
- Groups must sign in at the Welcome Desk.
- Grab the Meal Group Basket at the Welcome Desk.
- Grab a food cart. Food carts are available for easy transport of food items to and from the kitchens. These are located in the kitchen.

What to Do Before You Leave:

- All dirty dishes should be placed in the dishwasher. If it is full, please put soap powder in it and turn it on.
- Counters should be wiped down with Lysol disinfecting wipes provided in the meal group basket.
- Trash should be taken out to the dumpster located just past the restrooms near the elevators. Walk past the elevators and turn left just after you pass the restrooms – then make an

immediate right and you'll see the door that has a sign "Trash" to the right of it. The dumpsters are located just outside of this door. A swipe card is needed to get back into the building.

- If you see anything out of order or there is something we don't have that you would like to see in our kitchens and House, please be sure to leave us a note or message at the front desk before you leave. We need and love your input!!

Instructions:

- Individually wrap all breakfast items tightly with wax paper.
- Place wrapped breakfast items in freezer bag labeled with the date and the type of breakfast item. Please label if the item is dairy or gluten free!
 - Example: Breakfast burrito with egg and bacon. Made on 7/1/19
 - No need to list every ingredient.
- Place bags or bowls in the Free Food Freezer.

Recipes: Please make no more than 10-15 items!

Breakfast Burritos: Serves 10

- 1 (12 ounce) package bacon
- 10 large eggs
- 3 tablespoons milk
- 1/4 teaspoon salt
- 3 tablespoons vegetable oil
- 4 cups frozen hash brown potatoes with peppers and onion (such as Ore-Ida® Potatoes O'Brien®)- **OMIT FOR GLUTEN FREE BURRITOS**
- 1/2 teaspoon garlic salt
- 1/4 teaspoon ground black pepper
- 10 large tortillas (**flour, gluten free, etc.**)
- cheese 1 1/2 cups shredded Cheddar cheese
- 1 cup salsa, or to taste

1. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain on paper towels and crumble into bits. Keep skillet warm.
2. Whisk eggs, milk, and salt together in a bowl. Pour into the hot skillet. Cook and stir over medium-high heat until eggs are set, about 5 minutes. Transfer to a bowl.
3. Heat oil in same skillet over medium-high heat. Add frozen potatoes, garlic salt, and pepper. Fry until browned on the bottom, 4 to 5 minutes. Flip and cook until other side is browned, 4 to 5 minutes more. Let cool.
4. Cut 10 squares of wax paper slightly larger than the tortillas. Lay 1 tortilla on each square; evenly distribute Cheddar cheese on top. Add eggs, bacon, salsa, and potatoes to each tortilla, in that order. Tightly roll the burritos, tucking tops and bottoms in first.



5. Wrap wax paper tightly around each burrito, covering it completely. Place in resealable, individually labeled plastic bags. Label individually wrapped bags with date and description of the breakfast item. Store in the freezer until ready to reheat.

<https://www.allrecipes.com/recipe/261844/freeze-and-reheat-breakfast-burritos/>

Egg Sandwiches: Serves 6

- 6 eggs
 - Salt and pepper to taste
 - 6 English muffins, split
 - Butter, softened
 - 6 slices Cheddar cheese
 - 12 slices Canadian bacon
1. Heat oven to 350°F. Spray 6 muffin tins with cooking spray. Crack an egg into each muffin tin cups, and sprinkle with salt and pepper. Use a fork to pierce yolks, and very light beat each. Bake 12 to 15 minutes or until egg is set. Let cool completely, then gently remove from ramekins.
 2. To assemble sandwiches, spread insides of English muffins with butter. Fill each English muffin with 1 egg, 1 slice Cheddar cheese and 2 slices Canadian bacon. Wrap each tightly with Wax paper.
 3. Label each individually bagged breakfast sandwich with the date and description of the breakfast item.

<https://www.bettycrocker.com/recipes/freezer-breakfast-sandwiches/a12f284f-b29d-42ac-822f-5fc2b8766cc6>

Egg Muffins: Serves 12

Feel free to make a variety of egg muffins!

Base:

- 12 large eggs
- 2 tablespoons finely chopped onion (red, white or yellow/brown)
- Salt and pepper to taste

Tomato Spinach Mozzarella

- ¼ cup fresh spinach, roughly chopped
- 8 grape or cherry tomatoes, halved
- ¼ cup shredded mozzarella

Bacon cheddar

- ¼ cup cooked bacon, chopped
- ¼ cup shredded cheddar cheese

Garlic Mushroom Pepper

- ¼ cup sliced brown mushrooms
- ¼ cup sliced bell pepper, diced
- 1 tablespoon fresh chopped parsley
- ¼ teaspoon garlic powder or 1/3 teaspoon minced garlic

1. Preheat oven to 350°F
2. Lightly spray a 12- cup capacity muffin tin with nonstick oil spray
3. In a large bowl, whisk together eggs and onions. Seasoned with salt and pepper to taste.
4. Divide the three topping combinations into 4 muffin cups each.
5. Bake 20 minutes.
6. Allow muffins to cool in the pan for about 5-10 minutes before removing from the muffin tin.
7. Once the muffins are completely cool, you can wrap each muffin individually in wax paper and place each muffin in a plastic bag that is labeled with the date and a description of the breakfast item.

<https://cafedelites.com/breakfast-egg-muffins-3-ways/>

Blueberry Muffins: Makes 6-8 large muffins or 10 standard muffins.

Feel free to make a variety of muffins (banana, bran, etc.)

- 1 1/2 cups (375 ml) flour
 - 2/3 cup (150 ml) sugar
 - 1/2 tsp (2 ml) salt
 - 2 tsp (10 ml) baking powder
 - 1/3 cup (75 ml) vegetable oil
 - 1 egg
 - 1/3 cup (75 ml) milk
 - 1 cup (250 ml) blueberries (fresh or frozen)
 - Cooking oil spray or muffin liners
1. Preheat the oven to 400 F/ 200 C. Grease and lightly flour a muffin pan or line it with paper liners.
 2. Mix together the dry ingredient in a large bowl. Measure the oil then the milk, use the same measuring cup to break and beat the egg. Mix everything together just enough to combine, some lumps are OK.
 3. Measure the blueberries and add them to the batter, folding them in gently. Pour batter into the muffins tins about 3/4's full.
 4. Bake for 20-25 minutes until done.
 5. Place each muffin in a plastic bag. Label bag with date and type of muffin.

<https://www.favoritefreezerfoods.com/easy-blueberry-muffin-recipe.html>



Acai Bowls: Serving size 2 bowls (disposable bowls 16oz or 8oz)

- 1 large ripe banana, peeled, cut into 1- inch chunks and frozen
- 2 (3.5 oz) packages unsweetened frozen acai puree, thawed about 1/3 of the way under warm water
- ½ cup frozen blueberries
- ½ cup sweet fruit juice (apple juice, grape juice, etc. ONLY use 100% fruit juice) then more as needed

Toppings:

- Honey or vanilla flavored granola
 - Honey, to taste (optional)
 - Fresh fruit toppings
1. Place bowl in freezer while preparing mixture.
 2. Hit acai (in sealed packages) with a meal mallet to break into pieces.
 3. Add acai, banana pieces, blueberries, and juice to blender or food processor.
 4. Blend on a moderately low speed. If needed you can add a little bit more juice, and stir occasionally if it's too thick to blend.
 5. Pour mixtures into chilled bowl. Top with granola, fruit, and drizzle with honey if desired.

<https://www.cookingclassy.com/acai-bowl/>

Bagel Recipe: Serving size of 4 bagels – can make this recipe gluten free, dairy free, or egg free

- 1 cup (5 oz) unbleached all purpose flour, whole wheat or gluten-free mix
 - 2 teaspoons baking powder, make sure it's not expired or it won't rise
 - 3/4 teaspoon kosher salt, use less if using table salt
 - 1 cup non-fat Greek yogurt, not regular yogurt, it will be too sticky
 - 1 egg white, beaten (whole egg works fine too)
 - optional toppings: everything bagel seasoning, sesame seeds, poppy seeds, dried garlic flakes, dried onion flakes
1. Preheat oven to 375F. Place parchment paper or a silpat on a baking sheet. If using parchment paper, spray with oil to avoid sticking.
 2. In a medium bowl combine the flour, baking powder and salt and whisk well. Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
 3. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 15 turns (it should not leave dough on your hand when you pull away).
 4. Divide into 4 equal balls. Roll each ball into 3/4-inch thick ropes and join the ends to form bagels. (or you can make a ball and poke a hole in the center then stretch it slightly)
 5. Top with egg wash and sprinkle both sides with seasoning of your choice. Bake on the top rack of the oven for 25 minutes. Let cool at least 15 minutes before cutting.

How to store and Freeze:

1. Slice open and wrap individually with plastic wrap or wax paper.
2. Place wrapped bagel into a Ziploc bag with the date labeled on the bag.

Gluten Free Instructions:

1. Can use Bob's Redmill Gluten Free 1 to 1 flour
2. Whip one egg white until frothy and add that with the yogurt, totally optional
3. Once the bagels are formed dip your finger in water and smoothed it out.
4. Increased the oven to 400F and let the bagels bake 20 minutes, then let them cool before cutting open.

Dairy Free Instructions:

1. You can use a thick dairy-free Greek yogurt, Kite Hill (blue label) is an example.
2. Swap the yogurt for equal parts- silken tofu and also had great success.
3. You can make the bagels dairy-free, gluten free using both methods and Bobs Red Mill 1 to 1 GF flour, increasing the bake time for GF 10 minutes.

Bagel recipes continue onto next page

Egg Free Instructions:

1. The egg wash gives the bagels a nice shine and also helps the topping stick, but if you have egg allergies leave it out, you can brush them with water to help the toppings stick.

<https://www.skinnytaste.com/easy-bagel-recipe/>