ALONSA COMMUNITY SCHOOL BREAKFAST PROGRAM RECIPES

BANANA PANCAKES

1 1/3 CUPS WHOLE WHEAT FLOUR
3 TEASPOONS BAKING POWDER
½ TEASPOON SALT
3 TABLESPOONS SUGAR

1 EGG
1 ¼ CUPS MILK
3 TABLESPOONS MELTED BUTTER
¼ TEASPOON VANILLA
¾ CUP MASHED BANANA

STIR FLOUR, BAKING POWDER, SALT AND SUGAR TOGETHER. BEAT EGG THOROUGHLY; ADD MILK. MAKE A WELL IN CENTER OF DRY INGREDIENTS; SLOWLY ADD THE EGG-MILK MIXTURE. ADD MELTED BUTTER AND VANILLA. STIR QUICKLY UNTIL INGREDIENTS ARE JUST MIXED AND BATTER IS STILL LUMPY IN APPEARANCE. FOLD IN BANANA.

DROP BY ¼ CUPFULS ON HOT PANCAKE GRIDDLE. COOK PANCAKES UNTIL THEY ARE FILLED WITH BUBBLES AND THE UNDER SURFACE IS GOLDEN BROWN. TURN AND BROWN THE OTHER SIDE. SERVE AS HOT AS POSSIBLE WITH SYRUP.

YIELD: 10-12 PANCAKES

BLUEBERRY OATMEAL MUFFINS

1 CUP WHOLE WHEAT FLOUR
2 TEASPOONS BAKING POWDER
½ TEASPOON SALT
½ TEASPOON CINNAMON
¾ CUP ROLLED OATS
½ CUP LIGHTLY PACKED BROWN SUGAR

1 EGG
1 CUP MILK
¼ CUP BUTTER MELTED

¾ CUP BLUEBERRIES

PREHEAT OVEN TO 400°F. GREASE THOROUGHLY 16 MEDIUM-SIZED MUFFIN CUPS.

SIFT OR BLEND TOGETHER FLOUR, BAKING POWDER, SALT AND CINNAMON. STIR IN ROLLED OATS AND BROWN SUGAR. BEAT TOGETHER EGG, MILK AND BUTTER. ADD LIQUIDS TO DRY INGREDIENTS AND STIR ONLY UNTIL COMBINED (BATTER WILL BE LUMPY). FOLD IN BLUEBERRIES. FILL PREPARED MUFFIN CUPS 2/3 FULL.

BAKE IN 400°F OVEN FOR 20-25 MINUTES, OR UNTIL GOLDEN BROWN.

REMOVE FROM PANS AND SERVE WARM.

Pumpkin Chip Muffins

4 eggs
2 cups sugar
2 cups pumpkin purée
1 ½ cups vegetable or canola oil
3 cups flour
2 tsp. baking soda
2 tsp. baking powder
1 tsp. salt
2 tsp. ground cinnamon
2 cups semi-sweet chocolate chips

Preheat oven to 375°F.

Beat eggs, sugar, pumpkin and oil until smooth.

Combine flour, baking soda, baking powder, salt and cinnamon. Add dry ingredients to pumpkin mixture. Mix just until blended then fold in chocolate chips. Fill paper lined muffin cups ¾ full.

Bake at 375°F for 15 to 20 minutes or until inserted toothpick comes out clean.

Yields approximately 24 muffins.

BREAKFAST PROGRAM

Recipe of the month Homemade Granola Bars- these are always a popular item for our students and staff. I hope that your family will enjoy it as much as we do!

2-Cups Rolled Oats

¾ Cup Packed Brown Sugar

¾ Teaspoon Ground Cinnamon

1-Cup Whole Wheat Flour

¾ Cup Craisins

¾ Teaspoon Salt

½ Cup Honey

1 Egg, beaten

½ Cup Vegetable Oil

2 Teaspoons Vanilla Extract

Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 9x13 inch-baking pan.

In a large bowl, mix together the oats, brown sugar, cinnamon, flour, craisins and salt. Make a well in the center, and pour in the honey, egg, oil and vanilla. Mix well using your hands. Pat the mixture evenly into the prepared pan.

Bake for 30-35 minutes in the preheated oven, until the bars begin to turn golden at the edges. Cool for 5 minutes, then cut into bars while still warm. Do not allow the bars to cool completely before cutting, or they will be too hard to cut.

SNACK PROGRAM RECIPE:

This very simple recipe was a huge hit with our students and staff.

PUMPKIN BREAD

Yield: 2 loaves   Prep Time: 15 min   Cook Time: 1 hour 15 min

ingredients:

4 large eggs

2 cups granulated white sugar

1 cup canola or vegetable oil (or 1/2 cup oil & 1/2 cup unsweetened applesauce)

3 cups all-purpose flour

2 teaspoons baking soda

1/2 teaspoon baking powder

2 teaspoons ground cinnamon

1 teaspoon nutmeg

1 teaspoon ground cloves

1 teaspoon allspice

1 teaspoon salt

2 cups pure (unsweetened) pumpkin puree

2/3 cup water

directions:

1. Preheat oven to 350 degrees F. Grease and flour two 9x5-inch loaf pans. You can use 8x5 pans too, but they'll rise quite high while baking.

2. In large bowl, whisk together eggs, sugar and oil.

3. In a separate bowl, whisk together dry ingredients (flour through salt) and then stir it into the wet mixture. Add pumpkin and water and stir until combined.

4. Divide the batter between the prepared pans. Bake for 1 hour and 15 minutes, or until toothpick inserted in the center comes out clean.