



Fast Breakfasts

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As if mornings aren't hard enough already, getting everyone up, getting showered, and just the general getting ready for the day. It seems like one of the last places that my mind falls is on breakfast and we often get out the door and into the car before I remember what it was I forgot, thanks to my rumbling stomach.

And I don't know about you but if I don't start my day off with some food I get rather cranky and it can ruin the rest of my day! But where on earth do we find the time? I'm hoping this mini ebook will help you find some simple recipe ideas for easy breakfasts that are fast to grab or that you can make ahead for the next day.

Over the next few pages you will find some simple recipes. At the end of the mini book I've also added a few ideas of no-cook breakfasts for a super simple fix!

Make sure to also check out all the Breakfast Recipes posted on Little House Living here:

<http://www.littlehouseliving.com/recipes-index/breakfasts>

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Easy Yogurt Parfaits

What You Need:

- Yogurt
- Granola (Homemade or Store Bought)
- Sliced or Canned Fruit

Layer the yogurt on the bottom of a bowl or glass, add in fresh or canned fruit, then top with granola. Easy, fast, and full of protein to keep you going! Create with Greek Yogurt to give it an even higher boost of protein.

Fast Banana Pancakes

What You Need:

- 2 mashed Bananas
- 4 Eggs

Mix both ingredients together. Fry on a warm griddle just like you would any other pancakes. Serve with syrup, fresh fruit, or yogurt. This recipe serves 4.

Quick Omelets

What You Need:

- 3 Eggs
- ½ c. shredded Cheese
- Butter
- Veggies

In a bowl, beat eggs, add in cheese and a pinch of sea salt. In a pan or skillet, melt the butter. Pour the egg mixture in the pan. If you like, add in some veggies (Bell peppers, onions, and diced ham are all great and can be chopped up ahead of time!) if desired. Cook the bottom until golden yellow/brown, then flip and cook the other side.

Basic Crepes

What You Need:

- 3 Eggs
- 1 ½ c. Milk
- 1 ½ c. Water
- 2 ¼ c. Flour (Or Gluten Free Flour)
- 1 Tablespoon Olive Oil

Mix the eggs, milk, water, and flour together in a bowl. Heat a small skillet or frying pan. Coat the pan with olive oil if it's not a non-stick pan. Pour a small amount of batter in the bottom of the skillet and swirl around until the bottom of the pan is evenly coated. Cook until lightly browned, flip over and cook the other side. Fill with fruit purees, meats, or even cottage cheese.

Breakfast Burritos

What You Need:

Tortillas (Flour or Rice)
Cheese
Sausage or Diced Ham
Eggs

If using sausage, brown up first. Scramble the eggs and add in cheese if desired. Add sausage (or ham) and cheesy eggs to your tortillas. These can be eaten immediately or wrapped in foil or freezer paper and frozen until needed. When you are ready to eat, remove from freezer and warm up in your microwave or toaster oven.

Sausage and Cheese Casserole

What You Need:

1 Onion
1 Bell Pepper
1 lb ground Sausage
4 c. Hash Browns (Make your own! See recipe below)
8 Eggs
¼ c. Water
Salt
2 c. shredded Cheddar Cheese

In a frying pan or skillet, cook the onion and bell pepper in olive oil until onion is cooked through and clear. Add in the sausage and brown. Stir in the hashbrowns, transfer entire mixture to the crockpot. In another bowl, whisk up eggs, water, and a dash of salt. Pour over the sausage mixture in the crockpot. Cook on low for 4-6 hours. About an hour before serving, sprinkle the cheese over the top.

Homemade Hashbrowns

What You Need:

Potatoes

Peel up your potatoes. You can use any kind. Russet and Yukon Gold both work great! Once peeled, shred the potatoes with a cheese grater. Spread the shreds over a heated griddle or frying pan, making them no thicker than ½ inch. Fry, stirring and breaking up clumps occasionally until browned and crispy. Before serving you can add shredded cheddar cheese to the top and let it melt.

Simple Baked Oatmeal

What You Need:

- 1 stick Butter
- 3 c. Rolled Oats
- 3/4 c. maple syrup, or sweetener of your choice
- 2 teaspoons Baking Powder
- 1 teaspoon Salt
- 1 c. Milk
- 2 Eggs
- 2 teaspoons Vanilla

Melt the butter and pour in the bottom of an 8x8 or 9x9 baking dish. In a bowl, mix together the oats, maple syrup, baking powder, and salt. In a separate bowl, mix together the milk, eggs, and vanilla. Pour both bowls together and mix until combined. Pour the mixture into the pan and swirl with the butter. It doesn't need to be fully incorporated, it will cook into the oats. Bake at 350F for 30 minutes.

Peachy Smoothie

What You Need:

- 2 c. Orange Juice
- 1 c. Yogurt
- 2 c. frozen, sliced Peaches
- 1 Tablespoon or Sugar or Honey

Blend all the ingredients until smooth in a blender. Serves 2.

Orange Smoothie

What You Need:

- 4 Ice Cubes
- 1 c. Orange Juice
- ¼ c. Milk
- 2 teaspoons Sugar

Blend all the ingredients together until smooth. Serves 1.

Apple and Cheese Quesadilla

What You Need:

- 2 Flour or Rice Tortillas
- ½ c. shredded Cheddar Cheese
- 1 cut up Apple (Can be sliced or diced)

Add a small amount of butter to a frying pan or skillet. Place one of the tortillas on the bottom of the pan. Place the cheese and apples on top of the tortilla. Butter one side of the second tortilla and place the non-buttered side down on the apples and cheese. Brown the bottom tortilla before you flip the quesadilla, then brown the other side. Cook until cheese is fully melted.

Buttermilk Muffins

What You Need:

- 1 c. Butter
- 1 c. Sugar
- 2 Eggs
- 1 teaspoon Baking Soda
- 1 c. Buttermilk
- 2 c. Flour

Mix all ingredients together. Grease or line a muffin tin and scoop batter into tin. Bake at 400F for 20 to 25 minutes or until a toothpick comes out clean. Add chopped fruit into the batter before baking for variations. Makes 12 muffins.

Other Easy Super Fast Breakfasts

Hard Boiled Eggs

Cubed Cheese

Any Kind of Fruit

Bagel (Topped with a fried egg and a slice of cheese)

Cottage Cheese + Fruit

Leftovers

Applesauce