

Scrambled Eggs

- 10 large fresh pastured Eggs
- ½ c farm fresh Milk
- 1 small Onion, minced
- 1 small clove Garlic, pressed
- Sea Salt & fresh ground Pepper
- 2 Tbsp Butter
- ½ c grated raw Cheddar Cheese (optional)

Beat eggs, milk, onion, and seasonings together in a large bowl. Melt butter in frying pan and

pour eggs into hot buttered pan. Wait until eggs begin to bubble, and then scrape the bottom, stirring occasionally until done. Top with grated cheese and serve while hot.



Breakfast Burritos

- 1 recipe Sprouted Whole Wheat Flour Tortillas
- 1 recipe of Scrambled Eggs
- 1 recipe Fresh Salsa

Roll scrambled eggs and salsa, into warm tortillas. Eat!



Apple Banana Oatmeal

- | | |
|---|-----------------------|
| 2 c filtered Water | 1 tsp Sea Salt |
| 1 c peeled chopped Apple | 1 tsp Cinnamon |
| ½ c sliced Banana | 1 ½ c Oatmeal, soaked |
| ¼ c Raisins (optional) | ⅔ c Oat Bran, soaked |
| 1 c chopped Nuts, pre-soaked & dehydrated | |

Mix water, apple, banana, raisins, salt, and cinnamon in a saucepan. Simmer 1 minute, then bring to a boil and add soaked oats and oat bran. Cook until oats are soft, and it is at a full

rolling boil. Remove cereal from the heat and let it cool. Add honey, butter, & cream; sprinkle with chopped nuts and enjoy!



Oven Baked Bacon

- 1 lb pastured Bacon

Place bacon strips evenly on a cookie sheet. Preheat the oven to 350°. Bake bacon until crispy, drain bacon grease into a glass jar to save for cooking.



Breakfast Burritos (continued)

Make your own soaked Whole Wheat flour tortillas the night before, or make them and have them on hand for quick easy meals. (This recipe can be found on the back of the Chicken Quesadillas recipe card in the Dinner section.)

Serve with fresh salsa:

Garden Fresh Salsa

4 large ripe Tomatoes, diced ¼ tsp Salt
½ small Onion 2 cloves Garlic
1 Tbsp fresh Cilantro Juice of 1 lime
1 Tbsp extra virgin Olive Oil
2 Jalapeño Peppers (remove seeds for mild salsa)

Put jalapeños, onion, garlic, salt, cilantro, and lime juice into a food processor and pulse until all ingredients are finely chopped and well mixed. Stir in chopped tomatoes and olive oil. Mix well.

Scrambled Eggs (continued)

As a comparison, purchase (or borrow from a neighbor) some eggs from factory farmed chickens. Crack the egg on a plate and compare it to your farm fresh eggs. Notice differences in color of the yolk, how much the egg white spreads out, etc. If you can, visit a factory chicken farm and visit the farm where you get your eggs if you have not done so already, and compare the two. Let your children lead the discussion, make the comparisons, and draw their own conclusions about which farm can produce more healthy eggs.

If you are unable to visit a factory chicken farm, watch a video:

http://www.youtube.com/watch?v=H4_R5sGHI&feature=related

Oven Baked Bacon (continued)

Use this recipe to teach your children about healthy fats and which are appropriate for cooking, frying, or are strictly for use without heating.

Read "The Skinny on Fats," by Mary G. Enig, PhD and Sally Fallon <http://www.westonaprice.org/The-Skinny-on-Fats.html>

Discuss the following:

- The Chemistry of Fats
- Omega fatty acids (polyunsaturates)
- Benefits of Saturated Fats
- Cholesterol
- How Fats are Processed
- Butter
- The Composition of Different Fats

Apple Banana Oatmeal (continued)

Teach your child the difference between simmering, boiling, and a full rolling boil.

Simmer: Liquid is just below the boiling point and has small bubbles that are staying mostly beneath the surface.

Boil: Liquid has medium to large bubbles that are rising to the surface. Bubbles will disappear while you are stirring the liquid.

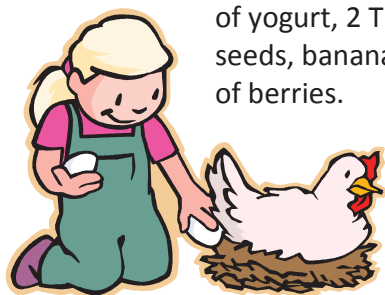
Full rolling boil: Liquid is boiling vigorously or turbulently and cannot be disrupted or stopped by stirring.

Watch as water goes from a simmer, to a boil, to a full rolling boil, and then back to a simmer: <http://www.youtube.com/watch?v=i4ae94ECbm0>

Layered Breakfast

2 $\frac{2}{3}$ c Yogurt, divided
 $\frac{1}{2}$ c chopped walnut, soaked and dried
 $\frac{1}{4}$ c flax seeds, soaked and dried
4 Bananas, sliced
1 c fresh Berries

Get 4 glasses and put $\frac{1}{3}$ cup of yogurt on bottom of each glass. Layer each glass with 2 Tbsp of nuts and seeds, half of the sliced banana, and $\frac{1}{4}$ cup of the berries. Repeat with remaining $\frac{1}{3}$ cup of yogurt, 2 Tbsp of nuts and seeds, banana slices, and $\frac{1}{4}$ cup of berries.



French Toast

3 fresh pastured Eggs
 $\frac{1}{2}$ c farm fresh Milk
1 Tbsp honey
1 tsp cinnamon
8 slices sprouted grain sourdough Bread

Beat eggs and milk together with a fork. Mix cinnamon and honey until evenly mixed. Beat into egg mixture. This prevents cinnamon from separating and floating to the top of the eggs.

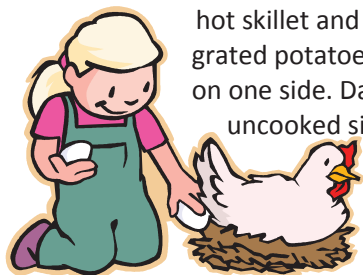


Dip bread into egg mixture and fry on a hot buttered skillet, until nicely browned on both sides. Serve with butter, or with honey butter, fresh fruit, or maple syrup.

Crispy Hash Browns

4 medium Potatoes
1 medium Onion
Bacon Grease
 $\frac{1}{4}$ c Whey
1 or 2 cloves Garlic
Sea Salt & Pepper
Filtered Water
Butter

Scrub potatoes. Peel onion. Grate potatoes and onion into a mixing bowl. Add whey and cover with filtered water. Put a bowl on top to weigh it down and let sit overnight. In the morning, drain the water. Press garlic cloves into bowl and mix evenly. Melt a generous amount of bacon grease in a



hot skillet and put in half of the grated potatoes. Cook until crispy on one side. Dab soft butter on uncooked side, sprinkle with sea salt and pepper, and turn. Cook until crispy and remove from pan.

Fruit Syrup

$\frac{3}{4}$ c crushed Fruit
 $\frac{1}{2}$ c raw Honey

Mix honey and fruit in a double boiler saucepan over low heat until well mixed. Serve with Easy Fruit & Nut pancakes or Hootin' Annie pancakes.



French Toast (continued)

Make your own sprouted whole grain sourdough bread:

4 c whole wheat or spelt berries

2 c sprouted grain flour ½ tsp Sea Salt.

1 c Sourdough Starter ¼ c Butter

Water

Sprout wheat by soaking grain overnight and then drain, rinsing grain 3 times a day 2 to 3 days. Once grain has sprouted, drain the grain and blend in a food processor. Add sourdough starter and butter. Add only enough flour to make the dough easy to handle. Dough should be sticky – butter your hands to keep them from sticking. Knead the dough until it is elastic and put it in a buttered bread pan. Let it rise until doubled in size, then bake at 350° F for 45 minutes.

Layered Breakfast (continued)

Teach your child the basic concept of division: Each ingredient needs to be divided into four servings, and then divided again for layers.

You can teach your child basic division by taking a certain number of berries and first, having your child count them. Then say “there are 25 berries (or whatever number it turns out to be). If we divide 25 by four, how many berries will there be in each glass?” “Are there any berries left over?” “Great! Then 25 berries divided by four is 6 with a remainder of 1! What shall we do with the remaining berry?” Make it into a game and let them eat the remainders. Then, do it again with a different number of berries until all of the berries are divided among the four glasses. Try the same thing with the number of tablespoons/cups etc. with the yogurt, nuts, and seeds.

Fruit Syrup (continued)

Consider and discuss the following: The consideration alone that a snake is pictured coiled around the stick of Aesculapius, eager to feast from a cup of honey, ought to be sufficient exhortation to medical men to be more interested in this substance. Aesculapius, the god of Medicine, who not only healed the sick but restored the dead to life, held the snake sacred. The snake was the emblem of health and recovery. The snakes were fed on honey and honey cakes. Whoever entered the cave of Trophonius had to throw honey cakes to the snakes (Pausanias IX. 39:5). Honey was also the favorite food of the fabled serpent, the guardian of the Acropolis (Herodot. VIII.41). The snake of Aesculapius in Cos was given honey and honey cake (Herondas IV. 90; Virgil Aeneid IV. 484).

Honey and Your Health, Bodog F. Beck, M.D. and Doree Smedley, Health Resources Press, Inc., Silver Spring, MD, 1997.

*** To preserve the qualities of raw honey, do not heat honey to more than 100°F**

Crispy Hash Browns (continued)

Discuss lacto fermentation and fermented vegetables. When you lacto-ferment vegetables:

- It increases in vitamins,
- It increases the enzymes in the food, making it more digestible
- It forms an abundance of beneficial bacteria for a healthier gut.

In traditional cooking, lacto-fermentation was used not only to add flavor, it was also used to preserve foods. There are many lacto-fermented foods that would be fun to try and incorporate into your diet. Sauerkraut, lacto-fermented pickles and condiments, kimchi, ginger carrots, and pickled beets are all very good.