

**Let's  
Eat**



# **Recipe Book**



Giving Hope Today

# Granola

Prep Time: 5 minutes

Cook Time: 21 minutes

Total Time: 26 minutes

Yield: 8 cups

## Ingredients

- 4 cups old-fashioned rolled oats  
(use certified gluten-free oats for gluten-free granola)
- 1 1/2 cup raw nuts and/or seeds  
(We used 1 cup pecans and 1/2 cup pepitas)
- 1 teaspoon fine-grain sea salt  
(or instead 3/4 teaspoon standard table salt)
- 1/2 teaspoon ground cinnamon
- 1/2 cup melted coconut oil or olive oil
- 1/2 cup maple syrup or honey
- 1 teaspoon vanilla extract
- 2/3 cup dried fruit, chopped if large  
(We used dried cranberries)
- Optional additional mix-ins: 1/2 cup chocolate chips or coconut flakes\*

## Instructions

1. Preheat oven to 350 °F and line a large, rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend.
3. Pour in the oil, maple syrup and/or honey and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola onto your

prepared pan and use a large spoon to spread it in an even layer.

4. Bake until lightly golden, about 21 to 24 minutes, stirring halfway (for extra-clumpy granola, press the stirred granola down with your spatula to create a more even layer). The granola will further crisp up as it cools.
5. Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit (and optional chocolate chips, if using). Break the granola into pieces with your hands if you want to retain big chunks or stir it around with a spoon if you don't want extra-clumpy granola.
6. Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving



# Blueberry Muffins

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 8 large, 10 standard, or 22 mini muffins

## Ingredients

- 1 1/2 cups (195g) all-purpose flour, spooned & leveled
- 3/4 cup (150g) granulated sugar
- 2 teaspoons baking powder
- 1/4 teaspoon fine sea salt
- 1/3 cup (80ml) vegetable oil
- 1 large egg
- 1/3 cup (80ml) milk, use more as needed
- 1 1/2 teaspoons vanilla extract
- 1 cup fresh or frozen blueberries

## Instructions

1. Prepare Muffin Batter - Preheat the oven to 400°F (204°C). Line muffin cups with paper liners (8 for big muffins, 10 for standard, or 22 for mini).
2. Lightly grease or spray the tops of the muffin tin with oil to prevent the oversized tops from sticking.
3. Whisk the flour, sugar, baking powder, and salt in a large bowl.

4. Choose a measuring jug that holds at least 1 cup. Add the oil to the jug, and then crack in the egg. Pour in enough milk to reach the 1-cup line on the jug (this should be about  $\frac{1}{3}$  cup of milk). Add the vanilla extract and whisk until everything is combined.
5. Add the wet ingredients to the bowl with the dry ingredients. Stir gently until the batter comes together. Be careful not to overmix! The batter will be thick, see tips below. Gently fold in the blueberries.
6. Divide the batter between muffin cups. If making big-topped muffins, the batter will come to the tops of the paper liners.
7. Bake muffins 15 to 20 minutes or until tops are no longer wet and a toothpick inserted into the middle of a muffin comes out with crumbs, not wet batter. Transfer to a cooling rack.

To store, place them in a plastic bag, seal, and store at room temperature for up to 3 days. To freeze, wrap them tightly in aluminum foil or place them in freezer bags. Freeze for up to 3 months.

### Tips

- For mini muffins, the baking time will be less — keep an eye on them. expect them to take 9 to 11 minutes.
- Batter thickness: The batter should be thick and “scoopable”

# English Muffin Pizza

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Servings: 6

## Equipment

- Sheet Pan
- Parchment Paper
- Mini Food Chopper

## Ingredients

- Olive oil
- 6 English muffin halves
- 3/4 cup pizza sauce
- Vegetables of choice (peppers)
- Mozzarella cheese, shredded



# Instructions

1. Preheat oven to 400 °F.
2. Use fork to split the muffins into halves. Place onto a lined baking sheet cut side up.
3. Brush olive oil on each muffin. Toast in oven for 5 minutes.
4. Remove from oven. Spread 1-2 tablespoons of tomato sauce onto each half.
5. Top with vegetables (We used finely chopped red bell pepper).
6. Add as much cheese as you wish.
7. Return to oven and bake for 10-15 minutes until cheese is melted

# Notes

- Vegetables: You can use whatever you have on hand!
- Store leftovers in the refrigerator for up to 3 days. To reheat, microwave briefly or in the oven at 350°F until heated through.

# Banana Bread Mini Muffins

Prep Time 10 minutes

Cook Time 15 minutes

Total Time 25 minutes

Servings: 6



## Ingredients

- 3 to 4 bananas ripe bananas – if you have them in the freezer, just allow to thaw
- 1/3 cup melted butter
- 1 egg
- 3/4 cup sugar
- 1 teaspoon vanilla
- 1 teaspoon of baking soda
- 1/4 teaspoon of salt
- 1 1/2 cups of flour

## Instructions

1. Preheat oven to 350 °F. Spray mini muffin pan or lightly grease with vegetable oil.
2. Peel the bananas. (these can be from the freezer, just thaw first) Mash the bananas.
3. Stir in melted butter, egg, sugar, vanilla, baking soda, and salt. Stir well.
4. Add flour and stir well.
5. Pour into the mini muffin pans. It makes 24.
6. Cook for 10-15 minutes until they start to brown and set.
7. Let cool on a rack before removing them.

Optional: Add a handful of chopped nuts or chocolate chips when you add in the flour.



# Black Bean Brownies

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

## Ingredients

- Butter or oil, for greasing pan
- $\frac{3}{4}$  cup cooked black beans
- $\frac{1}{4}$  cup oil
- $\frac{1}{4}$  cup unsweetened cocoa powder
- $\frac{2}{3}$  cup sugar
- 1 tsp vanilla extract
- $\frac{1}{2}$  cup chocolate chips
- $\frac{1}{3}$  cup flour
- $\frac{1}{2}$  tablespoon baking powder
- $\frac{1}{2}$  teaspoon salt

## Instructions

1. Preheat oven to 350 °F. Grease 9x9 inch baking pan or add a piece of parchment paper.
2. In a food processor or blender, puree beans with the oil. Add eggs, cocoa, sugar, vanilla and blend until smooth.
3. In a small bowl, whisk together flour, baking powder and salt.
4. Add to the blender and pulse until incorporated
5. Stir in chocolate chips & pour into pan.
6. Important: bake until the surface looks matte around the edges and still a bit shiny in the middle. About 20 minutes. Let it cool 15 minutes before serving.

# Breakfast Burritos

Prep Time: 30 minutes

Cook Time: 30 minutes

Total Time: 1 hour

Servings: 8 servings

## Ingredients

- 2 cups frozen tater tots (optional)
- 2 tablespoons olive oil
- 8 links breakfast sausage, casing removed (optional)
- 8 large eggs, lightly beaten
- Salt and ground black pepper, to taste
- 1 (16-ounce) can black beans
- 8 (8-inch) flour tortillas
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 2 Roma tomatoes, diced
- ¼ cup chopped fresh cilantro leaves

## Instructions

1. Preheat oven to 400 °F. Lightly oil a baking sheet or coat with nonstick spray.
2. Cook tater tots according to package instructions; set aside.
3. Heat olive oil in a large skillet over medium high heat. Add sausage and cook until browned,

about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat, reserving 1 tablespoon in the skillet.

4. Add eggs to the skillet and cook, whisking, until they just begin to set. Season with salt and pepper, to taste. Continue cooking until thickened and no visible liquid egg remains, about 3-5 minutes; set aside.
5. Spread beans down centers of tortillas; top with tater tots, sausage, eggs, cheeses, tomatoes and cilantro. Fold in opposite sides of each tortilla, then roll up, burrito-style.\* Place, seam-sides down, onto preparing baking sheet; cover.
6. Place into oven and bake until heated through, about 12-15 minutes.

Serve immediately.

## Notes

**\*TO FREEZE:** Cover each burrito tightly with plastic wrap or aluminum foil. Freeze up to 1 month. To reheat, (1) microwave for 4-6 minutes, turning halfway, or (2) bake at 400 degrees F for 30-40 minutes, or until completely cooked through.

# Perfect Oatmeal Raisin Cookies

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Servings: 20

## Equipment

- Baking Sheets
- Cookie Scoop

## Ingredients

- 1 cup all-purpose flour, spooned and leveled
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon cinnamon
- 1/2 cup coconut oil or unsalted butter, melted
- 3/4 cup packed brown sugar
- 1 large egg
- 1 large egg yolk
- 2 teaspoons vanilla
- 1 1/2 cup whole rolled oats
- 3/4 cup raisins
- 1/2 cup chopped walnuts, optional

## Instructions

1. Preheat the oven to 350°F and line two baking sheets with parchment paper.
2. Combine the flour, baking soda, baking powder, salt, and cinnamon in a large bowl.
3. In a separate bowl, whisk together the melted coconut oil, sugar, whole egg, egg yolk, and vanilla, whisking vigorously.
4. Stir the wet ingredients into the dry ingredients. Stir in the oats, raisins, and walnuts, if using, folding into a tight batter.
5. Set the dough aside for 20 minutes while the oven preheats. (Note: if your dough seems too wet to become scoop-able, chill it in the fridge for 20 minutes and it'll firm up). If your dough is too crumbly, stir in 2 to 3 tablespoons water.
6. Use a cookie scoop to divide the dough into 20 tablespoon-sized balls. Roll lightly in barely damp hands to make them round. Spread out onto the prepared baking sheets and bake until puffed, golden, and a touch underbaked looking, 10 to 11 minutes.
7. Let cool on the pans for 5 minutes before transferring to a wire rack to cool completely.

# Energy Balls

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Yield: 18 (1-inch) balls, approximately

## Ingredients

### ENERGY BALL BASE:

- 1 ¼ cups old fashioned rolled oats you can also swap quick oats or a blend of half quick, half old fashioned
- 2 tablespoons "power mix-ins" chia seeds, flaxseeds, hemp seeds, or additional rolled oats
- ½ cup nut butter of choice (sunflower seed butter for nut allergy)
- ⅓ cup honey or maple syrup
- 1 teaspoon pure vanilla extract
- ¼ teaspoon kosher salt
- ½ cup mix-ins see below for flavor options

### CLASSIC CHOCOLATE CHIP:

- Any nut butter honey, 1/2 cup chocolate chips

### TRAIL MIX:

- Peanut butter honey, 3 tablespoons chocolate chips, 3 tablespoons chopped peanuts, 2 tablespoons raisins

### WHITE CHOCOLATE CRANBERRY:

- Almond butter or cashew butter, honey, 1/4 cup dried cranberries, 1/4 cup white chocolate chips

### DOUBLE CHOCOLATE:

- Any nut butter any sweetener, 1/2 cup mini chocolate chips, ADD 2 tablespoons cocoa powder

### OATMEAL RAISIN COOKIE:

- Almond butter or cashew butter, maple syrup, 1/2 cup raisins, ADD 1/4 teaspoon cinnamon

## Instructions

1. Place all ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you'd like to add. Stir to combine.
2. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed.
3. Place the bowl in the refrigerator for 30 minutes to set (this will make the balls easier to roll).
4. Remove the bowl from the refrigerator and portion the dough into balls of desired size (cookie scoop works best).
5. Enjoy right away or transfer to an airtight container and refrigerate for up to 2 weeks. You can also freeze for up to 3 months.

# Pancakes

Prep Time: 8 minutes

Cook Time: 22 minutes

Total Time: 30 minutes

Makes about 8 → 4-inch pancakes

## Ingredients

- 1 cup all-purpose flour
- 2 tbsp baking powder
- 2 tbsp white sugar
- ½ tsp salt
- 1 beaten egg
- 1 cup milk
- 2 tbsp oil
- Optional: Fruit – blueberries, banana

## Instructions

1. Sift together dry ingredients.
2. Combine egg, milk, oil; add to dry ingredients, stirring just till combined.
3. Drop approx. 1/3 cup of batter onto pan then drop/place fruit on top of batter (if adding), press in slightly.
4. Bake on hot griddle or frying pan. 2-4 pancakes at a time depending on pan size. Flip once pancakes start to bubble in the middle.
5. Remove from pan once cooked.





The Let's Eat Breakfast Program is a partnership between The Salvation Army London Community Services and Sir John A. Macdonald Public School.

The goal of the Program is to provide pre-teens, who are students between the grades 6 to 8 at the school, with an opportunity to learn how to cook in their school setting, grow their leadership and citizenship skills and provide their fellow students breakfast items for a day of learning.

For more information about London Community Services programs check out our website or follow us on socials.

Website: [londoncfs.ca](http://londoncfs.ca)

Instagram: [londoncfs1](https://www.instagram.com/londoncfs1)

Facebook: The Salvation Army Community Services  
– London



Giving Hope Today

Total breakfast items made = 2,260

Thank you to the following staff and students for  
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