

Survival Breakfast Recipes

Applesauce Pancakes

Ingredients

- 2 Cup [Biscuit Mix](#)*
- 1 Cup Dehydrated Fat-Free [Milk](#)*
- 1 Cup Dehydrated [Applesauce](#)*
- 2 [Eggs](#)*

*Reconstitute before using

Preparation

1. Combine all ingredients in a medium mixing bowl.
 2. Beat until smooth.
 3. Pour 1/4 cup batter onto a hot, lightly greased griddle/skillet.
 4. Turn pancakes when the tops are bubbly and edges look cooked.
- Makes 2 dozen 4" pancakes
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Banana Nut Bread

Ingredients

- 2 Cup [Whole Wheat Flour](#)
- 1/4 Cup Wheat Germ
- 1 Teaspoon [Baking Soda](#)
- 1/2 Teaspoon [Salt](#)
- 1/2 Cup Chopped Nuts
- 1 1/2 Cup Mashed Freeze Dried [Banana Slices](#)*
- 1/4 Cup Vegetable Oil
- 1/4 Cup [Honey](#)
- 2 [Eggs](#)*
- 1 Teaspoon Vanilla
- Vegetable Cooking Spray

*Reconstitute before using

Preparation

1. Rehydrate banana slices; Drain excess water then mash.
2. Combine dry ingredients in a large bowl; Make a well in the center of mixture.
3. Combine bananas, oil, honey, eggs, and vanilla.
4. Add to dry ingredients, stirring just until moistened.
5. Coat 9"x 5"x 3" loaf pan with cooking spray.
6. Spoon batter into pan.
7. Bake 350°F for 1 hour or until toothpick comes out clean.

Basic Wholegrain Waffles

Ingredients

- 3 Eggs, Separated (egg whites and whole eggs)
- 4 1/2 Tablespoon Dehydrated Fat-Free [Milk](#)*
- 1/3 Cup Oil/Melted Butter
- 1 or 2 Tablespoon [Brown Sugar](#)
- 2 Teaspoon [Baking Powder](#)
- 1/2 Teaspoon [Salt](#)
- 2 Cup [Flour](#) (Try: 1 cup whole wheat flour and 1 cup soft wheat flour)

*Reconstitute before using

Preparation

1. Beat egg whites until stiff.
2. In a large bowl, beat yolks with milk.
3. Add remaining ingredients to yolk and milk mixture, beating after each addition.
4. Fold in beaten egg whites.
5. Pour into a lightly greased preheated waffle iron.
6. Bake until it stops steaming.

-Makes about 5 round waffles

Just-Like Mom's Blueberry Pancakes

Ingredients

- 3 1/2 Cup Holiday Pancake Mix or [Buttermilk Pancake Mix](#)*
- 3 Cup Water
- 1/2 Tsp [Cinnamon](#)
- 1 1/2 Cup Freeze Dried [Blueberries](#)*

Preparation

1. In a large mixing bowl, sift together the dry ingredients.
2. Add water and mix thoroughly. (For thinner pancakes add more water)
3. Gently fold in blueberries.
4. Cook on a nonstick skillet at medium-high heat.
5. Flip pancake when edges become dry and bubbly.
6. Brown other side.
7. Serve with syrup or your favorite topping.

Magic Cornbread Muffins

Ingredients

3 Cup [Honey Cornbread and Muffin Mix](#)*

1 1/2 Cup Water

Strawberry Preserves

*Reconstitute before using

Preparation

1. In a large mixing bowl, add 1 1/2 cups water to 3 cups honey cornbread and muffin mix.
2. Using an electric mixer, mix on low speed for 30 seconds, then on medium speed for 1 1/2 minutes.
3. Grease the bottoms only of a muffin tin.
4. Fill tin 1/3 full, then add a heaping teaspoon of strawberry preserves.
5. Add more muffin batter to fill tin 2/3 full.
6. Bake at 375°F for 14-16 minutes.

-Makes 12 muffins.

Whole Wheat Flour Crepes

Ingredients

1 Cup Yogurt

3 [Eggs](#)*

2/3 Cup [Whole Wheat Flour](#)

1/4 Cup Water

*Reconstitute before using

Preparation

1. Mix all ingredients until smooth and let stand 30 minutes.
2. Wipe a 7" skillet with oil over medium heat.
3. Add 1/4 cup batter to skillet and tilt to cover bottom.
4. Cook until edges look dry and batter is set center.
5. Lift crepe gently with spatula and set aside.

Filling:

Sauteed Vegetables: Freeze Dried [Onions](#)*, Freeze Dried [Green Pepper](#)*, Squash, and Dehydrated [Carrot](#)*

Chopped Fruit: Freeze Dried [Pineapple Chunks](#)*, Freeze Dried [Peach Slices](#)*, Freeze Dried [Strawberry Slices](#)*, or anything else you desire.

Chunky Apple Oatmeal Pancakes

Ingredients

- 3/4 Cup [Whole Wheat Flour](#)
 - 1/8 Cup [Rolled Oats](#)
 - 2 Tablespoon Oat Bran
 - 1/2 Teaspoon [Cinnamon](#)
 - 2 Teaspoon [Baking Powder](#)
 - 1/4 Teaspoon [Salt](#)
 - 1/4 Cup Freeze Dried [Raisins](#)*
 - 1/2 Cup Freeze Dried [Apple Dices](#)*
 - 1 Cup Apple Juice
- *Reconstitute before using

Preparation

1. Combine dry ingredients.
2. Add raisins and diced apples.
3. Gently stir in juice until dry ingredients are completely moistened.
4. Pour batter by 1/4 cup onto nonstick griddle.
5. Cook until bottom is brown and spatula slips easily underneath. turn and brown other side.

-Makes 8 pancakes.

Breakfast Burritos

Ingredients

- 3/4 Cup Freeze Dried [Sausage](#)*
 - 1 3/4 Cup Dehydrated [Refried Beans](#)*
 - 1 Tablespoon Butter or Margarine
 - 8 Eggs, Lightly Beaten
 - 8 (10") Burrito Size Tortillas, Warmed
 - 1/2 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
 - 1/4 Cup Freeze Dried [Tomato Chunks](#)*
 - 1/4 Cup Freeze Dried [Green Peppers](#)*, Chopped
 - Salsa to Garnish
- *Reconstitute before using

Preparation

1. In a large skillet, reconstitute sausage in hot water; Drain.
2. Stir in beans, heat for 3-4 minutes. Remove from skillet; Keep warm.
3. Melt butter in medium skillet over medium heat. Add eggs; Cook stirring constantly for 3-4 minutes or until eggs are of desired consistency.
4. Top each tortilla evenly with sausage mixture, eggs, cheese, tomatoes, and green peppers. Fold into a burrito.

Serve with salsa.

Peanut Butter Waffles

Ingredients

- 1 Cup [Whole Wheat Flour](#)
 - 1/3 Cup Dehydrated Fat-Free [Milk](#)*
 - 1/2 Teaspoon [Salt](#)
 - 2 Teaspoon [Baking Powder](#)
 - 2 Egg, Beaten
 - 1/4 Cup [Honey](#)
 - 1/2 Teaspoon Vanilla
 - 1/2 Cup Dehydrated [Peanut Butter Powder](#)*
 - 1 1/4 Cup Water
- *Reconstitute before using

Preparation

1. Combine flour, dehydrated milk, salt, and baking powder.
2. In a separate bowl, beat eggs, honey, vanilla, and peanut butter. Mix in water.
3. Add egg mixture to milk mixture and stir until smooth.
4. Bake on hot, oiled waffle iron.

Variation:

Peanut Butter Pancake:

Use same recipe, but use 3/4 cup of water instead of 1 1/4 cup of water.

Three-Grain Sunflower Muffins

Ingredients

- 1 Cup Dehydrated Fat-Free [Milk](#)*
- 1/2 Cup Dehydrated [Butter Powder](#)*
- 1 Tablespoon Dehydrated [Whole Egg](#)*
- 1 1/2 [Flour](#)
- 1/2 Cup Cornmeal
- 1/2 Cup Uncooked Old-Fashioned Oats
- 1/2 Cup Firmly Packed [Brown Sugar](#)
- 1/4 Cup Shelled Sunflower Seeds
- 1 Tablespoon [Baking Powder](#)
- 1/2 Teaspoon [Salt](#)
- 1 Tablespoon Roasted Shelled Sunflower Seeds

Preparation

1. Preheat oven to 400°F.
2. Combine milk, butter, and egg in large bowl with wire whisk.
3. Combine flour, cornmeal, oats, brown sugar, 1/4 cup sunflower seeds, baking powder, and salt in medium bowl.
4. Stir flour mixture into milk mixture until moistened.
5. Spoon batter evenly into 12 greased or paper-lined muffin cups.
6. Sprinkle tops evenly with 2 tablespoon sunflower seeds.
7. Bake for 15-18 minutes or until golden brown

Brunch Egg Bake

Ingredients

- 3 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
- 3 Cup Freeze Dried Shredded [Mozzarella Cheese](#)*
- 1 Jar or Can Sliced Mushrooms, Drained
- 1/3 Cup Sliced Green Onions
- 1/2 Cup Freeze Dried [Green Peppers](#)*, Chopped
- 2 Cup Diced Freeze Dried [Ham](#)*
- 1/2 Cup All-Purpose Flour
- 1 3/4 Cup Dehydrated Fat-Free [Milk](#)*
- 2 Tablespoon Snipped Fresh Parsley
- 8 Eggs, Beaten

Preparation

1. Lightly toss cheeses together in a large bowl.
2. Sprinkle 1/2 cheese mixture in 13"x 9" ungreased baking dish.
3. In medium skillet, cook mushrooms, green onions, and green peppers in butter until onions and pepper are tender.
4. Arrange vegetables over cheese; Arrange ham over vegetables; Sprinkle remaining cheese over ham.
5. Heat oven to 250°F.
6. Lightly spoon flour into measuring cup and level off.
7. In a large bowl using a wire whisk blend flour, milk, parsley, and eggs; Pour over layers in baking dish.
8. Bake 250°F for 35-45 minutes or until mixture is set and top is lightly browned.
9. Let stand 10 minutes; Cut into squares.
10. Garnish with red pepper and parsley if desired.

Make Ahead Brunch Casserole

Ingredients

- 1 Tablespoon Butter
- 1 1/2 Cup Freeze Dried [Onion](#)*
- 2 Cup Freeze Dried [Mushroom Slices](#)*
- 4 Cup Dehydrated [Hashbrown](#)*
- [Salt](#) and [Pepper](#) to taste
- 1/4 Teaspoon [Garlic Salt](#)
- 1 Pound Bacon, Crispy
- 4 Tablespoon [Dehydrated Whole Egg](#)*
- 1 1/2 Cup Dehydrated Fat-Free [Milk](#)*
- 1/8 Teaspoon Parsley
- 1 Cup Freeze Dried Shredded [Cheddar Cheese](#)*

Preparation

1. In a medium skillet, melt butter and saute onions and mushrooms until tender.
2. Place hashbrowns in bottom of greased 13"x 9" baking dish.
3. Sprinkle with salt, pepper, and garlic salt.
4. Top with bacon, onions, and mushrooms.
5. In a medium bowl, beat eggs, milk, and parsley; Pour over casserole and top with cheese.
6. Cover and refrigerate overnight.
7. Bake at 499°F for on hour until set.

-Makes 4-6 servings.

Whole Wheat Blender Pancakes

Ingredients

- 1 1/2 Cup Dehydrated Fat-Free [Milk](#)*
- 1 Cup Whole Wheat Kernels
- 1 Egg
- 1 Teaspoon [Salt](#)
- 1/3 Cup Cooking Oil
- 1 Teaspoon [Baking Powder](#)
- 2 Teaspoon [Sugar](#) or [Honey](#)

Preparation

1. In blender, combine milk and whole wheat kernels. Blend for 2-3 minutes.
2. Add remaining ingredients and blend 1 minute more.

Note: Some wheat blends up thicker than others. You will need to adjust the liquid if batter is too thick.

Variations:

- Buttermilk Pancakes: Substitute 1 cup buttermilk for regular milk.
 - Rolled Oat: Substitute 2 1/3 cup rolled oats for whole wheat.
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Oatmeal Raisin Muffins

Ingredients

- 1 1/4 Cup [Flour](#)
- 1 Tablespoon [Baking Powder](#)
- 1 Teaspoon [Salt](#)
- 1/3 Cup [Sugar](#)
- 1 Cup Uncooked Quick Rolled Oats
- 1/2 Cup Freeze Dried [Raisins](#)*
- 1 Tablespoon Dehydrated [Whole Eggs](#)*
- 1 Cup Dehydrated Fat-Free [Milk](#)*
- 1/4 Cup Melted Shortening

Preparation

1. Combine flour, baking powder, salt, and sugar in large bowl.
2. Stir in rolled oats and raisins.
3. Beat egg and add milk.
4. Add milk mixture to flour mixture. Stir until dry ingredients are wet, leave batter lumpy.
5. Fill greased muffin pan half-full.
6. Bake 400°F for 20-25 minutes or until muffins are brown.