



My Recipe Book

Week 5 Breakfast



Hawaiin Roll Cinnamon Rolls

Ingredients:

1 package Hawaiian sweet rolls 12-count
½ cup salted butter 4 ounces, room temperature
½ cup packed light brown sugar 105 grams
1 tablespoon ground cinnamon 8 grams
½ teaspoon vanilla extract 5 grams

For the frosting:

1 cup powdered sugar 130 grams
2 ounces cream cheese softened
2 tablespoons salted butter softened
2 tablespoons heavy cream
½ teaspoon ground cinnamon
½ teaspoon vanilla extract 3 grams

Instructions:

- 1. Heat the oven to 350°F. Line a baking sheet or 9×13” baking dish with aluminum foil. Spray lightly with cooking spray.**
- 2. Without separating the rolls, slice the entire block of Hawaiian rolls horizontally so you have a top and bottom slab, like you’re making a giant sandwich. I cut them closer to the top ⅓ so the butter has space to soak into the rolls without making the bottoms soggy. 1 package Hawaiian sweet rolls**
- 3. In a small mixing bowl, stir together the softened butter, brown sugar, cinnamon, and vanilla until smooth and spreadable. ½ cup salted butter, ½ cup packed light brown sugar , 1 tablespoon ground cinnamon, ½ teaspoon vanilla extract**
- 4. Place the bottom half of the rolls in the baking dish. Spread the ¾ of the cinnamon butter mixture evenly over the surface. Add the top slab of rolls back on. Spread the remaining ¼ cup cinnamon butter over the top.**
- 5. Cover loosely with foil and bake for 10 minutes. Then uncover and bake for another 5 minutes, until the tops are golden and the filling is melty and bubbling slightly.**
- 6. While the rolls are baking, use a hand mixer to whisk together the glaze ingredients until smooth. Spread over the warm rolls once they come out of the oven. Serve warm. 1 cup powdered sugar, 2 ounces cream cheese, 2 tablespoons salted butter, 2 tablespoons heavy cream, ½ teaspoon ground cinnamon, ½ teaspoon vanilla extract**

Homemade Poptarts

Ingredients:

**1 package rolled pie crust (I used a 2 ct. 7.5 oz pack), or
double this homemade crust**

1 c plus 2 T jam or preserves

1 large egg

Icing:

1 c powdered sugar

2-3 T milk or cream

2 T jam

1/2 tsp vanilla

Instructions:

- 1. Preheat oven to 400°F.**
- 2. Lay a sheet of parchment on a baking sheet and unroll crust onto another sheet of parchment. Cut as many pieces of approx. 3 in by 5 in (you could literally use an index card as a guide!) rectangles as you can from each crust. With remaining crust, knead together and then roll out into another large, thin piece (just under 1/4 in.) to cut remaining rectangles. (You can also do this by putting each tart together as you go.)**
- 3. Beat the egg for your egg wash in a small bowl. Lay out 8 rectangles on the parchment lined baking sheet. Add 1 1/2 Tablespoons of desired jam. Brush the edges with your egg wash and then place another rectangle on top of the rectangle with the jam. Gently pinch the edges to seal and then using a fork, crimp the edges. Poke some holes in the top of the pop tart and then brush the entire top, including edges, with the egg wash.**
- 4. Continue with the rest of the pop tarts. Bake for about 12-15 minutes or until golden brown.**
- 5. Once cooled, whisk together icing ingredients and spread over each pop tart. Add sprinkles, freeze dried berries crushed, rose petals (ha, that's what I used because I didn't have freeze dried berries) or just eat them as is! Store in an air tight container for up to about 2 days although they are best fresh**

French Toast Roll-Ups

Ingredients:

for 3 servings

10 slices sandwich bread

cream cheese, softened

strawberry, sliced

3 eggs

1 tablespoon milk

½ teaspoon cinnamon

½ teaspoon vanilla extract

Instructions:

- 1. Roll each slice of bread flat with a rolling pin. Carefully cut off the crusts.**
- 2. Spread desired amount of cream cheese and strawberries along the edge of the bread, and roll up.**
- 3. In a bowl, combine eggs, milk, cinnamon, and vanilla.**
- 4. Dip each roll-up in egg mixture, and pan fry in a buttered skillet until all sides are golden brown.**
- 5. Enjoy!**

Cinnamon Baked Donuts

Ingredients:

Baking spray with flour, such as Baker's Joy

2 cups all-purpose flour

1 1/2 cups sugar

2 teaspoons baking powder

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/2 teaspoon kosher salt

1 extra-large egg, lightly beaten

1 1/4 cups whole milk

2 tablespoons unsalted butter, melted

2 teaspoons pure vanilla extract

For the topping:

8 tablespoons (1 stick) unsalted butter

1/2 cup sugar

1/2 teaspoon ground cinnamon

Instructions:

- 1. Preheat the oven to 350 degrees. Spray 2 doughnut pans well.**
- 2. Into a large bowl, sift together the flour, sugar, baking powder, cinnamon, nutmeg, and salt. In a small bowl, whisk together the egg, milk, melted butter, and vanilla. Stir the wet mixture into the dry ingredients until just combined.**
- 3. Spoon the batter into the baking pans, filling each one a little more than three-quarters full. Bake for 17 minutes, until a toothpick comes out clean. Allow to cool for 5 minutes, then tap the doughnuts out onto a sheet pan.**
- 4. For the topping, melt the 8 tablespoons of butter in an 8-inch saute pan. Combine the sugar and cinnamon in a small bowl. Dip each doughnut first in the butter and then in the cinnamon sugar, either on one side or both sides.**

Strawberry Shortcake Muffins

Ingredients:

2 $\frac{3}{4}$ cups all purpose flour
1 tablespoon + 1 teaspoon baking powder
1 teaspoon salt
3 tablespoons + 1 teaspoon of sugar
 $\frac{3}{4}$ cup cold butter, grated
1 cup whole milk
1 pint strawberries, chopped
Whipped cream:
 $\frac{3}{4}$ cup heavy cream
1 teaspoon vanilla extract
1 tablespoon powdered sugar
2 teaspoon sugar

Instructions:

Shortcake Muffins:

- 1. Preheat oven to 400 degrees. Grease a muffin tin**
- 2. In a large bowl add 3 tablespoons sugar, flour, salt, and baking powder. Whisk ingredients well**
- 3. Add grated butter to flour mix, blend butter into flour until mixed**
- 4. Add 1 pint of chopped strawberries to the flour and stir gently with spatula**
- 5. Pour into the milk and using a spatula scrap the sides and bottom of the bowl to incorporate the milk with the flour mixture. Be careful not to mash the berries.**
- 6. Drop spoonfuls of dough into muffin tin dividing evenly into each cup**
- 7. Sprinkle the tops of the muffins with a teaspoon of sugar. Bake for 16 minutes**

Whipped cream and berries:

- 8. Add heavy cream, vanilla extract and powdered sugar to a bowl and whip until stiff peaks form. This will take 3-4 minutes with an electric mixer.**
- 9. Add the strawberries to a bowl and sprinkle with the remaining 2 teaspoons of sugar**
- 10. To assemble place the muffins on a serving plate and top with a dollop of whipped cream and fresh strawberries**