

## 3 Meal Mini Menu #33 - Breakfast

### Grocery List

Eggs (1 dz)  
Sliced Cheese  
Tortillas (10ct)  
Salsa  
Bread  
Milk (1 pt)  
Blueberries (1 pt)  
Vanilla Yogurt (32oz)  
Canned Peaches (14.5oz)  
Cereal

@lowdoughfamily

### Egg, Cheese & Salsa

#### Quesadillas

4-6 tortillas  
4 eggs  
3-4 slices cheddar  
cheese  
(or a handful of  
shredded)  
1/2 cup salsa

1. Scramble the eggs lightly and season with Favorite seasonings. Set eggs aside.
2. Place a tortilla in a warm pan and layer: cheese → spoonful of salsa → scrambled eggs → more cheese → top tortilla.
3. Cook until golden on both sides and melty.
4. Slice into triangles and serve with extra salsa.

### Blueberry French Toast Casserole

6-8 slices bread  
4 eggs  
1 cup milk  
2 cups/ 1 pint blueberries  
Optional: vanilla,  
cinnamon, white or brown  
sugar

1. Preheat oven to 350°F.
2. Tear bread into chunks and place in a greased baking dish.
3. In a bowl, whisk eggs & milk plus any optional seasonings.
4. Pour the custard mixture evenly over the bread.
5. Gently fold in about  $\frac{3}{4}$  of the blueberries (around  $1\frac{1}{2}$  cups) so they are mixed throughout the casserole.
6. Sprinkle the remaining  $\frac{1}{4}$  of the blueberries (about  $\frac{1}{2}$  cup) evenly across the top.
7. Bake 30-40 minutes until set and lightly golden.

### Peach Yogurt Parfaits

32oz tub vanilla yogurt  
14.5oz peaches, drained and  
diced  
1/2-1 cup cereal

1. Spoon vanilla yogurt into bowls or cups.
2. Add a layer of diced peaches.
3. Sprinkle cereal on top.
4. Repeat layers if desired and serve immediately for crunch.