

# My Favorite Recipes

by Hannah Bates



# Breakfast

## Christmas French Toast

Recipe by the Neisig family

This is a tradition in the Neisig family (my mom's parents) that we continue in our family. On Christmas morning we wake up, open presents and have this yummy treat. Enjoy!!



### French Toast

Recipe from *The New Best Recipe*

Makes 6-8 slices

1 large egg  
2 tablespoons unsalted butter, melted + butter for frying  
3/4 cup milk  
2 tablespoons vanilla extract  
2 tablespoons sugar  
1/3 cup unbleached all-purpose flour  
1/4 teaspoon salt  
1 teaspoon ground cinnamon  
6-8 slices day-old high-quality sandwich bread  
Optional toppings: Maple syrup, sliced strawberries (fresh or frozen),  
whipped cream, chopped pecans

1. Heat a 10- or 12-inch skillet over medium heat for 5 minutes.
2. Beat the eggs lightly in a shallow pan; whisk in the melted butter, then the milk and vanilla, and finally the sugar, flour, salt, and cinnamon continuing to whisk until smooth.
3. Soak the bread without oversaturating, about 15 seconds per side of sandwich bread.
4. Pick up the bread and allow the excess batter to drip off; repeat the steps with the remaining slices.
5. Swirl 1 tablespoon butter in the hot skillet.
6. Transfer the bread to the skillet and cook until golden brown, about 1 minute 45 seconds on the first side and 1 minute on the second side.
7. Serve the French toast immediately with the toppings you choose.

## **Blueberry and Lemon Muffins**

**Recipe from *Country Baking by Gooseberry Patch***

**We made these delish muffins for a bake sale. We did not have blueberries, so we made them with raspberries. They were so enjoyable. Try them both ways.**

**Makes 12 muffins**



**1 3/4 cup all-purpose flour  
1/2 cup + 2 tablespoons sugar, divided  
3/4 teaspoons baking powder  
3/4 teaspoons salt  
3/4 cup milk**

**1 egg beaten  
1/3 cup oil  
1 cup blueberries  
1 teaspoon lemon zest  
1/4 to 1/2 cup butter, melted**

- 1. Sift together flour, 1/4 cup sugar, baking powder and salt into a medium mixing bowl; make a well in the center of the flour mixture.**
- 2. Combine milk, egg, and oil, add to dry ingredients. Stir quickly, just until dry ingredients are moistened.**
- 3. Toss together blueberries and 2 tablespoons sugar; gently stir into batter along with lemon zest.**
- 4. Fill greased muffin tins 2/3 full. Bake at 400°F for 25 minutes.**
- 5. While muffins are still warm, brush with melted butter then sprinkle tops with the remaining sugar.**

# Snacks

## Frozen Bananas Recipe by Andrea Bates

My mom makes these bananas, and we just love them. These are so tasty, you'd never know that these are very healthy. It takes about 1 hour to freeze the bananas.



3-4 firm bananas  
Ground flax seeds

1. Cut the bananas into round slices about 1/2 in. thick.
2. Pour the flax seeds into a bowl and dip both sides of the bananas in the mixture.
3. Place in a single layer on a baking sheet and freeze.
4. After the bananas are frozen, put them in a Ziploc bag in the freezer until ready to eat. Eat the bananas quickly when out of the freezer or they will become mushy.

## Apple Dip Recipe by Andrea Bates

This is a fast, flavorsome way to eat apples. I love this recipe. I do not like apples very much, though I will eat them with this dip.



1 cup low-fat plain or vanilla yogurt  
1/2 teaspoon cinnamon  
2 tablespoons honey (or more to taste)  
Your favorite apple

1. Mix together the yogurt, cinnamon, and honey in a bowl.
2. Dip the apples in the dip and enjoy.

## **Addison's Bananas**

### **Recipe by Addison**

**When we lived in Uzbekistan, our friend Addison taught us how to make these delicious bananas. They are so simple you will be amazed. All you have to do is just read ahead.**



**1 banana  
Peanut butter  
Honey  
Ground flax seeds (optional)**

- 1. Cut the banana in half long-ways.**
- 2. Spread the peanut butter on the banana.**
- 3. Drizzle honey on top of the peanut butter.**
- 4. If using flax, sprinkle the flax on top.**

## **Lunch**

### **Greek Thanksgiving Wrap**

#### **Recipe by Hannah Bates**

**Last year I was staring at the leftover Thanksgiving food in our fridge, and I thought that this wrap would be a good lunch. I hope you like it as much as I do.**



**1 tortilla  
Feta cheese (creamy version)  
Cranberry sauce  
Leftover turkey**

- 1. Spread the feta on the tortilla.**
- 2. Spread the cranberries on top of the feta.**
- 3. Put the cold turkey on the wrap and roll up the wrap.**