
Future Pathways Navigator Cookbook



BREAKFAST





Contributed by Tansy Chau

Baked Eggs in Muffin Tin

Ingredients:

Eggs (as many as you want to eat)
Salt
Pepper

Methods:

1. Preheat oven to 350F
2. Grease non-stick muffin tray (or use spray, or muffin cups, or silicone, or parchment paper)
3. Crack egg(s) into cups
4. Bake until whites are set (about 15m)

Note: There are a few variations on this, all of which are great for a quick meal or running out the door to class in the morning.

1. Cut up ham and grate cheese to add to each cup.
2. Cut up mushrooms, onions and peppers and add them to each cup, along with the egg or egg mixture.
3. Cut off crusts (save for Liam's Bread Pudding Recipe, or Mali's Mac and Cheese topping) and press into muffin tin. Then pour egg mixture (if mixing them up like scrambled eggs) or add one egg each to. You can add any of the above suggestions to the mix as well.





Contributed by Liam

Epic Brunch

Ingredients:

Coffee
Potatoes
Eggs
Cheese
Bread
Garlic
Onions
spices
fresh herbs
oil

optional sides: baked
beans, fruit

Directions:

This is my world on the weekends, the whole process should take about three hours, as you wake up and slide into weekend mode.

- 1) Boil the kettle and prepare to make coffee
- 2) Start the Dishes from last night, turn on the oven to 300 C
- 3) Make coffee
- 4) Cut potatoes into thin-ish slices or wedges (wedges take longer to cook)
- 5) (optional step) if you want a short cut on the potatoes you can put them in a big bowl, cover with water, salt and a bit of baking soda and nuke on high for 5 mins
- 6) (carefully drain super hot potatoes if you did step #5, place in oven safe dish, cover with oil and spices, cook for about 40 mins, flipping once.
- 7) As potatoes cook, start the eggy part (ideally you want these to be ready when the potatoes are done, so there may be some time to enjoy the coffee, finish the dishes etc - start with oil, then add onions and garlic to the pan, cook on low till the onions go translucent
- 8) add some veggies and cook on low for a few mins, get your cheese and eggs ready (I've found that approx 1.5 eggs per person is enough when you have lots of potatoes and other stuff in your eggs).
- 9) once the omelette ingredients are just about cooked, add your eggs and cheese - I like to set it up so each person gets a full intact yoke and half a scrambled one, along with the other delicious ingredients.
- 10) When your eggs are almost done, put your bread in the toaster to get it toasted
- 11) serve and enjoy.

If adding baked beans, start these in a separate pan before you put your eggs on (in step 8)



Contributed by Emily Lalonde
From her husband

Dutch Pannekoek (pancakes)



Ingredients:

Pancake Batter
2 cups all-purpose flour (250 g)
pinch of salt
1/2 teaspoon ground cinnamon
2 eggs
2 cups milk (500 ml)

Butter

Methods:

1. Mix batter.
2. Cook like a pancake, in a medium heated frying pan, making sure you have lots of butter in the pan each time.
3. Enjoy with whatever toppings you want, for breakfast or dinner. Such as apple & cinnamon, walnuts, brie, & honey, powder sugar & chocolate, bacon, jam, the possibilities are endless....



Contributed by Brenda Sherry

<https://www.skinnytaste.com/easy-bagel-recipe/>

Easy Homemade Bagels

Ingredients:

Because of the greek yogurt it makes these bagels have protein and not all carbs...easy peasy to make when you don't have many ingredients...no yeast needed!

1 cup unbleached flour, whole wheat or all- purpose.

2 tsp baking powder

3/4 tsp kosher salt (use less if using table salt) 1 cup

Greek Yogurt (non-fat or with fat)

1 egg white beaten (whole egg works too and just use water if you don't have egg) for brushing dough before baking

Optional Toppings: I use poppy seeds and sesame seeds or a combination

Directions:

1. Whisk dry ingredients into a medium bowl 2. Add yogurt and stir with spatula or wooden spoon until flour is incorporated and it forms a ball
3. Flour a surface. Knead ball of dough about 15 times
4. Split dough into 4 - roll dough into strips and join to make a bagel
5. Place on parchment paper lined baking sheet
6. Brush dough with egg white and then sprinkle on toppings if using

Can double or triple recipe as needed. Bagels freeze well too. Bake at 375 degrees for 25 minutes.

Lunch/Supper





Contributed by Tansy Chau

Potato Wedges

Ingredients:

3 large potatoes
3 tablespoons olive oil
paprika
salt
pepper

Directions:

1. Scrub and chop the potatoes into wedges
2. Toss the potatoes in the oil, paprika, salt, and pepper
3. Bake in preheated oven at 450F
4. Bake 25m, turning halfway





Contributed by Kim Dymond
From Mona Perry Hiller (close friend)

Homemade Messy Turkey Burgers



Ingredients:

1 pack of ground turkey from grocery store (you can also use ground chicken or beef)
1 handful of rolled oats
1 Egg
¼ cup of bbq sauce (or dijon mustard)
1 tsp Worcestershire Sauce

Optional additions:

Onions (cut small and added to mixture)
Cheese (grated and added to mixture)

Methods:

1. Mix all ingredients together in a bowl.
2. Form patties.
3. Fry up! Make sure not pink inside!
4. Put on buns (If super industrious google 40 min hamburger buns!)
5. Add condiments.

NOTE: The messy comes from what you add to the burgers. When eating these at Mona's house we have avocado, fancy mustard, cheese, onions, mushrooms, bacon, pickles, lettuce and it is AMAZING.



Contributed by Tinisha Steinman
Family Recipe

Cream of Zucchini Soup

Ingredients:

2 zucchinis, sliced
3 white potatoes, diced
1 clove garlic
2 cubes spinach
1 cup vegetable broth
1 cup milk

Directions:

1. Toss zucchini and potatoes in olive oil, salt, and pepper, roast at 450 degrees for 25-30 mins
2. In a pot, caramelize garlic
3. Add veggies, spinach and broth to the pot, simmer for 10-20 minutes
4. Add milk and blend all ingredients in a blender.

Alternatives: You can use any vegetable, fresh or frozen.
Example, cauliflower, butternut squash, leeks, etc.

Note: Don't have a blender, leave as is. Still just as yummy. OR
use a fork or potato masher to puree the soup.





Contributed by Carolyn Blackstock

Fiesta Soup

Ingredients:

- 1 can Black Beans (rinsed & drained)
- 1 can Niblets type Corn
- 1 can Refried Beans
- 1 cup Salsa (whatever type and heat you like)
- 1 cup Chicken or vegetable broth

Directions:

1. Pour the rinsed black beans, the entire can of corn and the entire can of refried beans into a saucepan.
2. Add salsa.
3. Add broth.
4. Stir everything together in the saucepan.
5. Turn on the heat to medium.
6. When soup reaches boiling point (big bubbles) turn down the heat so that it simmers (little bubbles).
7. Simmer for 5 minutes.
5. Serve. Nice with a dollop of sour cream swirled in or a sprinkling of grated cheese or corn chips.

Notes: Adjust the amount of salsa and broth to get the taste and texture you like in the soup.



Contributed by Angela
From Happy Herbivore

Pumpkin Chili

Ingredients:

1 onion (dice)
8 garlic cloves (mince)
1 can black beans (drain & rinse) 1 can kidney beans (drain & rinse)
2 tablespoons chili powder 2 teaspoons cumin
1 cup vegetable broth
1 cup canned pumpkin
4 oz can of diced green chiles 3/4 cup tomato paste
1 tablespoon maple syrup

Note: You can use frozen pumpkin or any other kind of squash in this recipe. If using frozen, you should steam the veggies first. If you cannot do this, possibly use less broth. The water that comes from the frozen squash will make your chili more watery.

Directions:

1. Line A large pot with 1/4 cup water
2. Add onions and garlic sauté until translucent
3. Add chili powder and cumin cook one more minute
4. Add broth, pumpkin, green chilies and tomato paste
5. Add beans and maple syrup
6. Cover and heat on low for 15 minutes 7. Ladle equally into 4 bowls



Contributed by Tinisha Steinman

[Sirloin Tip Roast | BS' in the Kitchen](#)

Roast Beef

Ingredients:

- 1 (Sirloin tip) roast
- 1.5 tsp salt
- 1.2 tbsp olive oil
- 1.5 tsp pepper
- 2 tsp oregano
- 2 tsp basil
- 1 tsp red pepper flakes
- 2.5 tsp garlic

Methods:

1. Salt the roast (Ideally 2 hours - the day before)
2. Preheat the oven to 250°F
3. While the oven is preheating, mix the olive oil, salt, pepper, oregano, basil, garlic, and pepper flakes
4. Rub the mix on the roast beef
5. In a large pan on medium-high heat, sear the roast beef for 3-4 minutes per side.
6. Put the roast in the oven and cook it for 1 hour and 20 minutes.
7. Turn off the oven and leave the roast in it for 20-40 minutes.
8. Remove from the oven and let cool for 15 minutes before serving.





Contributed by Mali Bickley

Mac and Cheese

Ingredients:

2 Cups Boiled Milk
1/2 tsp salt
1 tbsp finely chopped onion
1 cup elbow macaroni

4 tbsp butter
1/2 tsp salt
4tbsp flour

1 cup grated sharp cheese

Directions:

* cook noodles and set aside

- 1-Add onion to milk and boil
- 2- Cream butter and flour. Add to milk.
- 3- Cook and stir until smooth
- 4- Add cheese and remove from heat
- 5- Stir in noodles
- 6- Place in greased 9 X 9 baking dish

Topping:

1-2 tablespoons of melted butter
add breadcrumbs or Panko crumbs to make
a crumbly topping.

Bake at 350 for 20-25 minutes until the
cheese bubbles.





Contributed by Ashley Richard

This recipe came from Bon Appetit. You can actually watch a pro-chef make the Shrimp Scampi here: <https://www.youtube.com/watch?v=tBVICSWH4Eo>

10 Step Shrimp Scampi

Ingredients:

- 4 garlic cloves (2 grated, 2 thinly sliced)
- 1tsp salt
- 3 tbsp extra virgin olive oil (EVOO)
- 1 package of fresh or frozen shrimp (approx 1 pound - peeled, deveined)
- 1/4 tsp red pepper flakes (or more for spice)
- 1/4 cup dry white wine (non-alcoholic wine in grocery store, approx \$6)
- 1tbsp fresh lemon juice
- 1/4 cup unsalted butter
- 3tbsp fresh chopped parsley
- bread or pasta for serving

Methods:

1. Whisk grated garlic, salt, and 1tbsp EVOO in medium bowl. Add shrimp, toss to coat & chill (30 mins to 1 hour). Very important to chill so that the shrimp soaks up the flavour!
After shrimp have chilled:
2. FOR PASTA: Cook pasta to your liking (any shape works). Follow instructions on packaging. Set aside - don't forget to salt your water before boiling.
3. Heat remaining 2 tbsp EVOO in a large skillet over medium & cook shrimp mixture until shrimp turns pink (approx 1 minute per side, flip with little tongs)
4. Transfer the shrimp to a plate but leave as much oil in the pan as possible.
5. Add sliced garlic and red pepper flakes to the oil. Cook for 1 minute.
6. Add wine & lemon juice and stir continuously for 2 - 3 minutes.
7. Add the butter to the pan. Keep stirring occasionally until the butter melts and you notice the sauce has thickened (approximately 5 minutes).
8. Pour shrimp back into skillet & cook until shrimp are fully cooked through (approx 2 minutes)
9. FOR BREAD: Toast the bread in a toaster oven or toaster to desired level of toastiness.
10. Transfer shrimp onto a serving plate and top with the fresh chopped parsley. Serve with pasta and/or bread.



Contributed by Tansy Chau

Spaghetti Carbonara

Ingredients:

3 egg yolks
1 whole egg
3 tbsp parmesan
5 strips bacon. cut into small pieces
4 cloves garlic
salt
pepper
2 servings pasta 1/3 cup pasta water
(you can save the egg whites for other recipes or an omelette or meringue for dessert!)

Directions:

1. combine eggs and 2 tbsp parmesan in a bowl. beat well. set aside
2. cook bacon on med/med-high. add garlic
3. meanwhile, cook pasta as per pasta directions
4. add cooked (drained pasta) into bacon pan (be careful because water+fat will spray)
5. add 1/3 cup pasta water to the pan. stir
6. turn heat off. add salt and pepper to pasta/bacon in the pan. allow to cool a couple minutes (you don't want to fry the eggs)
7. slowly add the egg mix to the pasta/bacon in the pan. stir.
8. serve immediately. sprinkle with that last tbsp of parmesan. more pepper optional



Contributed by Tansy Chau

Pizza Dough

Ingredients:

1 cup all purpose flour
1 1/2 tsp baking powder (not soda)
1/4 tsp salt
1 cup plain greek yoghurt (full fat)
1 tsp sugar (optional)
(+ desired pizza sauce/toppings)

Methods:

1. Mix all dry dough ingredients (everything except greek yoghurt)
2. Slowly mix in greek yoghurt to form dough. add additional flour as necessary if too sticky. knead for about 8-10m.
3. Set aside and let rise for 15 m.
4. Roll out into desired pizza shape. You can do this directly on the baking sheet.
5. Add sauces and toppings
6. Bake on baking sheet in preheated oven at 450F until crust golden brown (cheese might start to bubble if you're using cheese). Time will depend on thickness of pizza. Maybe about 15m.





Contributed by Meryem

<https://jillstable.ca/recipes/rans-basic-paella/>

Spanish Paella (30 min)

Ingredients:

- 1 Cup of Rice (4 people)
- Olive oil OR Coconut Oil
- Veggies (onion, Carrots, greens peas, mushrooms)
- 1 can of Tuna
- Salt
- Pepper
- Garlic
- Parsil (Optional)
- turmeric powder
- Paprika powder
- Ginger (either powder or natural)
- 1 lemon juice

Directions:

- 1- Start by shopping one onion on a hot pan
- 2- Add 3 table spoons of oil
- 3- Add 1 coffee spoon of (turmeric powder, Ginger and garlic)
- 4- Add 1/2 coffee spoon of (Salt, pepper, paprika)
- 5- add the 1 cup of rice (After being washed) let it mix with all the ingredients, while mixing the texture.
----- Let these ingredients caramelize with the onion for 5 min,
- 6- Add all of the vegetables to the pan
- 7- add 1 cup of water and reduce heat to a 5 or 6 level
- 8- After 10 min add 1/2 cup of water
- 9- let it cook for an additional 15-20 min
- 10- Once cooked add one can of Tuna and the lemon juice. Add Parsil at the end ----- Enjoy a delicious meal----



Contributed by Kim Dymond

Queso (Cheese Dip)

Ingredients:

2 tsp butter
1 med onion (chopped)
1 cup tomato (chopped)

1 cup milk
1 ½ tbsp flour

1 ½ cup grated cheese (medium)
2 cups peppers (red, yellow chopped)
pinch chili powder

Nacho chips

Methods:

1. Chop up the onion and tomato. Place in a frying pan with the melted butter and fry together until the onions are translucent.
2. While onions and tomato are cooking, in a bowl mix together milk and flour until blended and no lumps of flour.
3. Add milk and flour mixture to frying pan. Move it around to mix everything together.
4. As the mixture is beginning to become more like pancake batter add cheese, peppers and chili powder.
5. Cook and stir over low heat until the whole thing is combined. Taste to see if you need to add any more cheese or chili powder.
6. Pour into a large bowl and serve warm to friends with nacho chips.

I have been making this recipe for so long I do not know where it came from but it is always a hit with friends. Alter as you want, use sharper cheese if you like the flavour.



Contributed by Tansy Chau

Balsamic Dijon Salad Dressing

Ingredients:

- 3 tbsp balsamic vinegar
- 1 tbsp dijon mustard
- 1 clove minced garlic
- 1/2 cup olive oil
- salt
- pepper

Directions:

1. Mix all ingredients and stir vigorously with a fork

Option to multiply the portions and shake in a jar.

Dessert





Contributed by Kim Dymond

Meringue Cookies

Ingredients:

4 Eggs Whites (google how to separate egg whites, it's easier than you think!)
¼ tsp Cream of Tartar
½ tsp Vanilla Extract
¾ Cup of Sugar

You can add Skor bits & dark chocolate chips or sprinkles for something different.

Note: This recipe can be using the eggs whites from Tansy's Spaghetti Carbonara

Methods:

1. Preheat oven 300 F.
2. Line 2 baking sheets with parchment paper and set aside.
3. In a large bowl, combine egg whites, cream of tartar and vanilla extract.
NOTE: Make sure there are no egg yolks in the bowl, this will not let the white fluff like they need to. If egg yolks get in, scoop out if you can, or you now have a yummy omelette.
4. Beat the mixture with a mixer on high speed until peaks form. (Like little mountains).
5. Add 2 tbsps at a time to the mixture until all has been combined.
6. Using a table spoon, scoop out cookie size portions onto the parchment paper.
7. Put in oven and leave for approximately 25 minutes, until a light brown starts to show. Turn off oven and leave in to dry out. Keep an eye that they are not getting darker. If they are take them out of the oven to cool.

Can be served on their own or in a bowl with berries and whipped cream.





Contributed by Lauren
Family Recipe

Fruit Crumble

Ingredients:

- 6 apples (can be substituted for whatever fruit is available/in season) - chopped
- 2 Tbsp granulated sugar
- 1 1/2 Tsp ground cinnamon
- 1 1/2 Tsp lemon juice
- 1 cup brown sugar
- 3/4 cup old fashioned oats
- 3/4 cup of all-purpose flour
- 1 stick of cold, unsalted butter (cut into cubes) Pinch of salt

Directions:

1. Preheat oven to 350F. Butter or cooking spray a baking dish (any size works).
2. In a bowl, mix selected fruit, granulated sugar, 1/2 tsp cinnamon and lemon juice. Stir and transfer to baking dish.
3. In a separate bowl, add topping ingredient together: brown sugar, oats, flour, 1 tsp cinnamon, salt and butter. Mix together with your fingers until the butter is a pea-sized crumb.
4. Spread topping over fruit in baking dish and evenly spread it out.
5. Bake for 40-50 minutes, until golden.
6. Serve and enjoy! Goes great with ice cream for dessert, or yogurt for breakfast!



Contributed by Tania Rashid

<https://www.twopeasandtheirpod.com/chocolate-banana-bread/>

Chocolate Banana Bread Muffin

Ingredients:

- * 1 cup all-purpose flour
- * 1/2 cup Dutch process cocoa
- * 1 teaspoon baking soda
- * 1/2 teaspoon sea salt
- * 3 large brown bananas (1 1/2 cups mashed) * 1/4 cup unsalted butter, melted and slightly cooled
- * 1/4 cup canola vegetable oil
- * 3/4 cup sugar
- * 1 large egg, at room temperature
- * 1 teaspoon pure vanilla extract
- * 1 cup semisweet chocolate chips, divided

Methods:

1. Heat your oven to 350°F
2. In a large mixing bowl, mash all three ripe banana with fork
3. Add 1/4 cup unsalted melted butter and 1/4 cup canola vegetable oil in the mash banana and stir until combined
4. Add 3/4 cup sugar and 1 large egg into the mix
5. Stir in 1 cup all-purpose flour, 1/2 cup Dutch process cocoa, and 1 teaspoon baking soda
6. Once everything is mixed, stir in 3/4 cups of chocolate chips
7. Prepare muffin in by placing in muffin cups/cupcake cups
8. Fill each muffin cups/cupcake cup half way with mix
9. Sprinkle the remaining chocolate chip on each muffin
10. Bake for 50-55 minutes, or until a toothpick inserted into the center of the muffin out mostly clean, you might have some melted chocolate chips on the toothpick and that is fine. You just don't want a lot of gooey batter. Check at 50 minutes, just to be safe. Oven times vary.
11. Remove the pan from the oven and set on a wire cooling rack.
12. Enjoy your treat!



Contributed by Tania Rashid

<https://www.allrecipes.com/recipe/9861/chocolate-crinkles-ii/>

Chocolate Crinkles

Ingredients:

- * 1/2 cup unsweetened cocoa powder
- * 2 cups white sugar
- * 1/2 cup vegetable oil
- * 4 eggs
- * 2 teaspoons vanilla extract
- * 2 cups all-purpose flour
- * 2 teaspoons baking powder
- * 1/2 teaspoon salt
- * 1/2 cup confectioners' sugar

Methods:

Part A

1. In a medium bowl, mix together 1 cup unsweetened cocoa powder, 2 cups white sugar, and 1/2 cup vegetable oil.
2. Beat in eggs one at a time
3. then stir in the 2 teaspoons vanilla extract
4. Combine the 2 cups all-purpose flour, 2 teaspoons baking powder, and 1/2 teaspoon salt; stir into the cocoa mixture.
5. Cover dough, and chill for at least 4 hours. I usually chill it overnight.

Part B

6. Preheat oven to 350 degrees F
7. Prepare 2 cookie sheets/ baking trays with parchment paper (baking paper). If you don't have parchment paper, you use unsalted butter, vegetable oil or cooking spray to grease the cookie sheets/baking trays
8. Pour 1/2 cup confectioners' sugar into a small bowl
9. Roll 1 tablespoonful of dough into balls for smaller cookies, or 2 tablespoonfuls for larger cookies.
10. Coat each ball in confectioners' sugar before placing onto prepared cookie sheets.
11. Place coated cookie ball on to cookie sheets. Make sure you have space between each cookie ball

Part C.

12. Bake in preheated oven for 10 minutes (for small cookies) or 12 minutes (for larger cookies). The cookies will come out soft from the oven but will harden up as they cool.
13. Allow to cool on the cookie sheet for 5 minutes before transferring to wire racks too cool.



Contributed by Kim Dymond

Sugar Cookies

Ingredients:

2 ½ cups all purpose flour
½ tsp baking powder
½ tsp salt
1 cup unsalted butter at room temperature (can microwave to soften)
¾ cup sugar
1 egg
1 tsp vanilla

Optional: approx ½ or what you think works.

Skor bits
Chocolate Chips
Sprinkles
Orange zest
Nuts...



Directions:

1. Stir flour with baking powder and salt in a medium bowl. Set aside.
2. Beat butter with sugar in a large bowl, using an electric mixer on medium high, until fluffy. Beat in egg and vanilla. Gradually beat in flour mixture, just until combined.

Optional: If you are adding extras, such as skor bits, this is where you add them. Mix them in until combined.

Two ways to put cookies together:

- 3a. If using dino cutouts or gingerbread people, for example, roll dough out onto lightly floured surface. Cut out cookies and place on parchment covered cookie sheet.
OR
- 3b. If just making basic round cookies gather into a ball. Divide dough in half, then roll each portion into a 2 in. wide log. Wrap logs in wax paper and twist ends. Chill until firm, 1-1 ½ hours.
Take cookies out of freezer and slice cookies into ¼in rounds and arrange 1 in. apart on parchment paper lined baking sheets.

4. Position oven racks in top and bottom thirds of oven. Preheat to 350F.
5. Cook for approximately 10-12 minutes until golden. Watch your oven the first couple of times, each oven is different and may need less or more time depending.
6. Cool and enjoy. You can also decorate with icing when cooled.



Contributed by Tania Rashid

<https://www.bettycrocker.com/recipes/ultimate-chocolate-chip-cookies/77c14e03-d8b0-4844-846d-f19304f61c57>

Lay's Classic Chocolate Chip Cookies

Ingredients:

- * Lays Original chips
- * 2 1/4 all-purpose flour
- * 1 teaspoon baking soda
- * 1/2 teaspoon salt
- * 1 cup butter, softened
- * 1 cup of sugar
- * 1 egg
- * 1 teaspoon vanilla
- * 2 cups semisweet chocolate chips

Note: I made some changes and added my own twist of Lays Original Chips

Methods:

1. Heat oven to 375°F.
2. Crush half a bag of Lays Original Chips on a bowl. Make sure the crashed chips aren't too small or too big
3. In a small mixing bowl, mix 2 1/4 all- purpose flour, 1 teaspoon baking soda baking soda and 1/2 teaspoon salt salt; set aside
4. In large bowl, beat 1 cup softened butter and 1 cup of sugar with electric mixer on medium speed, or mix with spoon about 1 minute or until fluffy, scraping side of bowl occasionally
5. Beat in 1 egg and 1 teaspoon vanilla until smooth.
6. Stir in flour mixture just until blended
7. Stir in 2 cups semisweet chocolate chips
8. Stir in the crushed Lays Original Chips
9. Onto ungreased cookie sheets, drop dough by rounded tablespoonfuls 2 inches apart
10. Bake 8 to 10 minutes or until light brown (centers will be soft). Cool 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.
11. And enjoy!



Contributed by Liam O'Doherty

Bread Pudding

Ingredients:

- at least a half loaf of Bread (ideally left over)
- about 2 cups - Milk / cream / non-dairy beverage
- 2 eggs
- butter / margarine / oil
- Mix ins
- (for sweet version)
- some sugar / sweetener
- fruit of some kind ie - apples + raisins, banana and peanut butter
- spices - cinnamon, nutmeg - a bit of rum? these ideally take your fruit flava to the next level
- (for savoury version)
- Cheese(s)
- veggies of some kind (for example - tomato, chives, onion, spinach)
- herbs
- garlic
- salt n peppa

Directions:

We are basically making french toast, but in the oven. This is a great way to save stale bread. Works both in savour or sweet directions.

0) wash hands / set oven to 350

1) cut the bread into chunks and put in bowl
2) cut up your "mix ins" into small sized pieces - you ideally want these to be edible by the time they are added (so you could pre-cook them if you want to)

3) Crack the eggs and add the dairy / non dairy beverage

4) grease a pan with butter or oil, add half of the bread and half the mix-ins and half of the egg mix, mix a bit with your hands or a spoon to ensure the deliciousness is spread throughout the dish, then add the rest of the ingredients and repeat the mixing process.

5) bung it in the oven - middle rack - for about 40 mins - look for the tops of the bread bits to start to brown and the liquid egg has congealed