



## BREAKFAST VARIATIONS

Having lots of choices for breakfast is fun and helps to maintain interest in a beautiful food plan.

### BASIC INSTRUCTIONS

#### CUSTARD

There are seven different ways to make a custard.

**To Make a Custard.** Beat the eggs. Add fruit or vegetable and the starch. Mix well. Fry the mixture or bake it in a loaf pan for 35 minutes at 350° in 2 teaspoons of coconut oil.

#### SAUSAGE PATTIES

Use ground meat (instead of eggs) to make Sausage Patties. There are seven different ways to make the sausage patties.

**To Make Sausage Patties.** Add the fruit or vegetable and the starch to the ground meat and mix well. Fry or bake in a loaf for 35 minutes at 350° in 2 teaspoons of coconut oil or cold-pressed olive oil.

*Now that you know how to mix and cook the ingredients, let's see how many different ways we can make a Custard or Sausage Patties.*

### ALL THE DIFFERENT WAYS TO MAKE A CUSTARD OR SAUSAGE PATTIES

	Make a Custard	OR Make Sausage Patties	Add Fruit or Vegetable	Add Starch
1. Pumpkin or Sweet Potato	3 eggs	8 oz raw ground meat	6 oz chopped apple, pear	1 cup pumpkin or 1 cup sweet potato
2. Butternut Squash	3 eggs	8 oz raw ground meat	6 oz chopped apple, pear	1 cup cooked butternut squash
3. Oats	3 eggs	8 oz raw ground meat	6 oz chopped apple, pear	½ c gluten-free rolled oats, soaked in 1/4c warm water
4. Rice	3 eggs	8 oz raw ground meat	6 oz chopped apple, pear	6 oz cooked rice
5. Millet	3 eggs	8 oz raw ground meat	6 oz peppers, onion	6 oz cooked millet
6. Tuscan	3 eggs	8 oz raw ground meat	6 oz peppers, onion	1 cup white beans