



Breakfast
CLUB
of Canada
TM



CHIA FRUIT JAM

Yield: 3 cups (750 ml)

INGREDIENTS

- 4 cups (1 litre) chopped leftover fruit (berries, stone fruits, apples, etc.)
- 2 tbsp (30 ml) lemon juice
- ¼ cup (60 ml) maple syrup or honey (optional, adjust to sweetness of fruit)
- ¼ cup (60 ml) chia seeds

DIRECTIONS

1. Combine the fruit, lemon juice and maple syrup in a saucepan over medium heat.
2. Let simmer for 10 to 15 minutes, stirring frequently.
3. Mash the cooked fruit with a fork to desired consistency.
4. Add chia seeds and cook for 5 more minutes.
5. Remove from heat when thickened (mixture will thicken more as it cools).
6. Cool completely before transferring to an airtight container.



Serving ideas: Spread on toast, swirl into yogurt, top oatmeal or pancakes, fill cookies.



Perfect for using fruits
past their prime

FRUIT COMPOTE

Yield: 5 cups (1.25 litres)

INGREDIENTS

- 7 cups (1.75 litres) leftover fruit
- $\frac{1}{3}$ cup (80 ml) water
- $\frac{1}{4}$ cup (60 ml) lemon juice
- 1 tbsp (15 ml) maple syrup or honey (optional)
- Optional spices (cinnamon, vanilla, etc.)

DIRECTIONS

1. Combine all ingredients in a saucepan over medium heat.
2. Bring to a gentle simmer and cook for 10 to 15 minutes, stirring occasionally.
3. For chunky compote, leave as is. For a smoother texture, mash slightly.



Storage tip: this compote can be frozen in an airtight container.
Thaw in the refrigerator the day before planned use.



**A versatile topping
for multiple breakfast
applications**

SMOOTHIES

Yield: 12 servings

INGREDIENTS

- 12 cups (3 litres) leftover fruit of your choice
- 6 cups (1.5 litres) milk, plant-based beverage or yogurt
- Optional: Seed butter, seeds, handfuls of leafy greens

DIRECTIONS

1. Blend everything together until smooth.



Tip: As soon as you notice that the fruits are starting to become overripe, freeze them in preparation for this smoothie recipe.



The ultimate solution for
fruit about to spoil

YOGURT POPSICLES

Yield: 12 servings

INGREDIENTS

- 12 small yogurt cups (or mix of yogurt and fruit purée)
- 12 wooden popsicle sticks

DIRECTIONS

1. Insert popsicle sticks into the centre of the cup, piercing lid.
2. Freeze for 6+ hours or overnight.



Tip: Yogurt frozen before the «Best before» date can be consumed after this date.

Serving tip: These frozen yogurt will delight students on hot summer days.



Perfect for yogurt
with an upcoming
'Best Before' date.



QUICK VEGGIE OMELETTE

Yield: 12 servings

INGREDIENTS

- 12 eggs
- ¼ cup (60 ml) milk
- Salt and pepper to taste
- 2 tsp (10 ml) vegetable oil
- 5 cups (1.25 litres) finely chopped cooked vegetables
- ½ cup (125 ml) grated cheese (optional)
- 1 tbsp (15 ml) fresh herbs or 1 tsp (5 ml) dried herbs (optional)

DIRECTIONS

1. In a bowl, whisk eggs with milk, salt and pepper.
2. Heat oil in a non-stick skillet over medium heat.
3. Add vegetables and herbs and cook for 1 minute.
4. Pour egg mixture over the vegetables.
5. As eggs begin to set, use a spatula to gently lift edges, allowing uncooked egg to flow underneath.
6. When eggs are mostly set but still slightly wet on top, sprinkle cheese over one half.
7. Fold omelette in half with a spatula.
8. Cook for 30 seconds more, then slide onto a plate.
9. Serve with whole wheat toast for a complete meal.



**A solution for leftover
vegetables and cheese**

FRITTATA

Yield: 30 servings

INGREDIENTS

- 30 eggs
- 5 cups (1.25 litres) milk
- Salt and pepper to taste
- 15 cups (3.75 litres) leftover vegetables
- 2 cups (500 ml) shredded cheese
- Fresh or dried herbs to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Whisk eggs with milk, salt and pepper.
3. Fold in vegetables, cheese and herbs.
4. Divide into oven-safe skillet or pie dish.
5. Bake for 20 to 25 minutes until the centre is set.



Tip: Make ahead! Slice and refrigerate for up to 3 days or freeze individual portions.



A versatile baked egg dish that uses up multiple leftovers

BREAKFAST WRAPS

Yield: 30 servings

INGREDIENTS

- 30 whole wheat tortillas
- 30 eggs, scrambled
- 15 cups (3.75 litres) leftover vegetables
- 1½ cups (375 ml) cheese (optional)

DIRECTIONS

1. Warm the tortillas slightly for better folding.
2. Layer with scrambled eggs, warmed vegetables and cheese if using.
3. Fold sides in, then roll up from the bottom.
4. Eat immediately or wrap in foil and freeze.



Tip: For freezing, wrap tightly in foil, place in a freezer bag and keep for up to 3 months. Reheat from frozen in microwave (remove foil first) or oven.



**Portable and
freezer-friendly**

SHAKSHUKA

Yield: 30 servings

INGREDIENTS

- 1 tbsp (15 ml) vegetable oil
- 5 onions (optional, if your sauce doesn't already contain any)
- 7 bell peppers, diced (optional)
- 10 garlic cloves, minced
- 1 tsp (5 ml) ground cumin
- 2 tsp (10 ml) paprika (preferably smoked)
- 15 cups (3.75 litres) tomato sauce
- 40 eggs
- 350 g crumbled cheese of your choice

DIRECTIONS

1. In a high-sided skillet, heat oil over medium heat.
2. Add onion and pepper and sauté for 5 minutes until softened.
3. Add the garlic and spices and cook for 1 minute until fragrant.
4. Pour in the tomato sauce, stir and simmer for 5 minutes to combine.
5. Using a spoon, create small wells in the sauce.
6. Crack an egg into each well.
7. Cover the pan and cook for 5 to 7 minutes until the whites are set. Add cheese when done.



Got leftover eggs and vegetables? Not anymore

SAVOURY BREAKFAST MUFFINS

Yield: 48 servings

EXAMPLES OF COMBINATIONS:

- Spinach, feta and roasted red pepper
- Poulet, broccoli and cheddar
- Mushroom, Gruyere and caramelized onions
- Corn, red kidney beans and Monterey Jack

INGREDIENTS

- 8 cups (2 litres) whole wheat flour
- 3 tbsp (45 ml) baking powder
- 1 tsp (5 ml) salt
- ½ tsp (2.5 ml) black pepper
- 8 large eggs
- 4 cups (1 litre) milk or plant-based beverage
- 1 cup (250 ml) vegetable oil
- 6 cups (1.5 litres) finely chopped vegetables
- 2 cups (500 ml) diced chicken, tofu, beans or another protein food
- 2 cups (500 ml) shredded cheese

DIRECTIONS

1. Preheat oven to 375°F (190°C), and grease four 12-cup muffin tins.
2. Whisk dry ingredients in a large bowl.
3. In a separate bowl, beat eggs, then add milk and oil.
4. Pour wet ingredients into dry, and stir until just combined.
5. Fold in vegetables, protein and cheese.
6. Divide batter among muffin cups (about ⅔ full).
7. Bake for 18 to 20 minutes until golden and toothpick comes out clean.
8. Cool in pan for 5 minutes, then remove to cooling rack.



A whole new take on a morning favourite!

BREAD PUDDING

Yield: 48 servings

INGREDIENTS

Sweet version:

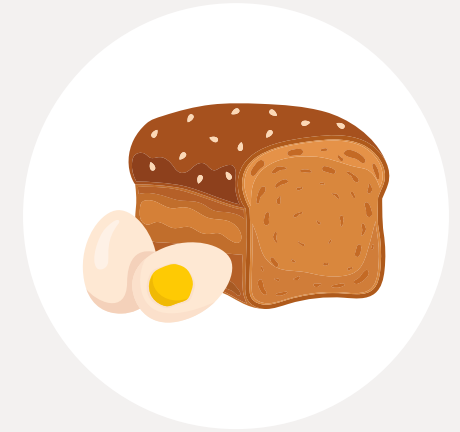
- 25 cups (6.25 litres) whole wheat bread cubes (slightly stale works best)
- 24 eggs
- 12 cups (3 litres) milk or plant-based beverage
- 6 cups (1.5 litres) leftover fruit
- ½ cup (125 ml) maple syrup
- 2 tbsp (30 ml) vanilla extract
- 1 tbsp (15 ml) cinnamon

Savoury version (strata):

- 25 cups (6.25 litres) whole wheat bread cubes (slightly stale works best)
- 24 eggs
- 12 cups (3 litres) milk, plant-based beverage or broth
- 6 cups (1.5 litres) leftover vegetables
- 3 cups (750 ml) shredded cheese
- Herbs and seasonings to taste

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Place bread cubes in a greased baking dish.
3. Whisk the eggs and the milk together.
4. For the sweet version, mix in fruits, maple syrup, vanilla extract and cinnamon.
5. For the savoury version, mix in vegetables, cheese and seasonings.
6. Pour egg mixture over bread, ensuring all pieces are moistened.
7. Let sit for 15 minutes for the bread to absorb the liquid.
8. Bake for 35 to 45 minutes until set and golden.
9. Serve warm.



Sweet or savoury
options for stale whole
wheat bread

FRENCH TOAST

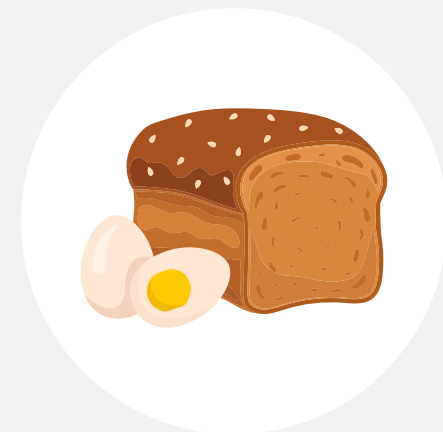
Yield: 50 servings

INGREDIENTS

- 17 eggs
- 4 cups (1 litre) milk or plant-based beverage
- 1 tbsp (15 ml) vanilla extract
- 1 tsp (5 ml) cinnamon
- Vegetable oil for cooking
- 50 slices of whole wheat bread (slightly stale works best)

DIRECTIONS

1. Whisk eggs, milk, vanilla and cinnamon together in a shallow dish.
2. Dip bread slices in egg mixture, one at a time, allowing both sides of each slice to soak for 10 to 15 seconds.
3. Heat butter or oil in a skillet over medium heat.
4. Cook bread until golden brown on both sides, about 2 to 3 minutes per side.
5. Serve with maple syrup, fruit compote or chia fruit jam.



Perfect for whole wheat
bread past its prime

GRILLED CHEESE SANDWICH WITH APPLE

Yield: 30 servings

INGREDIENTS

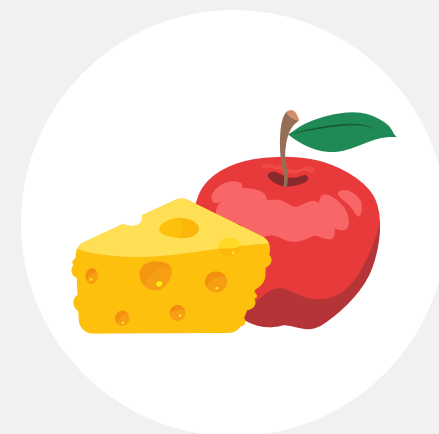
- 60 slices of whole-wheat bread
- 2 tbsp (30 ml) margarine or butter
- 30 slices mozzarella cheese
- 15 apples, sliced

DIRECTIONS

1. Butter one side of each bread slice (the outside of the sandwich).
2. Layer cheese and apple slices on the non-buttered side of one piece of bread. Place a second slice on top, buttered side out.
3. In a pan, grill both sides for 3 to 4 minutes each or until the sandwich is golden brown.



Preparation tip: Sandwiches can be prepared and assembled the day before to save time in the morning.



**A delicious combination
of sweet and savoury**

HOMEMADE TORTILLA CHIPS

Yield: 40 servings

INGREDIENTS

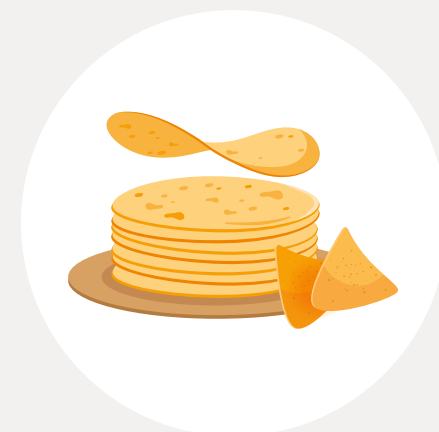
- 10 whole-wheat tortillas
- ½ cup (125 ml) vegetable oil
- Salt

DIRECTIONS

1. Preheat oven to 375°F (190°C)
2. Cut the tortillas into triangle pieces, drizzle with oil and salt.
3. Place on a baking sheet and bake until golden brown, about 5 minutes.



Keep in an airtight container at room temperature.



**Perfect as an
accompaniment
for dips!**

YOGURT PARFAIT

Donne : 30 portions

INGREDIENTS

- 30 oatmeal cookies, crumbled
- 30 yogurt cups (100 g)
- 15 cups (3.5 litres) fruit (frozen, fresh or compote)

DIRECTIONS

1. Toast the crumbled cookies in a pan at 350°F (175°C) for 2 minutes. Let cool.
2. In a cup, layer the toasted cookies, yogurt and fruit in a cup.
3. Serve immediately or refrigerate.



A great way to use up any leftover fruit and oatmeal cookies you have.



This recipe is a great opportunity to involve students in assembling their parfait.

For other flexible ideas for your leftover fruit, vegetables, cheese and other ingredients, have a closer look at these recipes:



CUSTOMIZABLE MUFFINS



WHOLE WHEAT CRÊPES



MINTY FRUIT SALAD



BLACK BEAN BREAKFAST TACOS



AND DON'T FORGET OUR BIG BATCH RECIPE BOOKLET!

**CHECK OUT OUR TOOL
TIPS ON USING LEFTOVERS.**



LEFTOVER-FRIENDLY RECIPE BOOKLET

