

E P I C U R E™

BETTER BRUNCH





**EASY EGGS BENEDICT
 QUICK BISCUITS OR QUICK SCONES
 BAKED BAGELS
 FRESH FRUIT WITH CHOCOLATE TRUFFLE SWEET DIP**

Do you LOVE all things brunch-worthy? Then, gather 'round! Come one. Come all. It's time to enjoy a better brunch experience. This year is your year to shine in the kitchen and cancel any plans you had to wait in line for breakfast or brunch.

Our grocery list is your new bestie for this adventure. Have it on your phone and ready to go before you hit the grocery store. Stock up on fresh fruit at your local farmer's market and prep according to the 'how to build a fruit platter' section (P.7).

If you're feeding a crowd, check out our 'Bonus recipe' (P. 8) section for **Sheet Pan Pancakes**. You'll have enough on hand to invite your neighbors over too! The best part about this morning feast is that you didn't break the piggybank. Average cost per serving is only \$1.30 CA | \$1.10 US per dish.

Gather, feast, & enjoy!

PROTEIN

- 10 eggs:**
 - 8 (Easy Eggs Benedict)
 - 1 (Quick Biscuits)
 - 1 (Quick Scones)

DAIRY

- 1½ cups unsalted butter:**
 - ½ cup (Easy Eggs Benedict)
 - ½ cup (Quick Biscuits)
 - ½ cup (Quick Scones)
- ⅔ + ½ cup milk, your choice:**
 - ⅔ cup (Quick Biscuits)
 - ½ cup (Quick Scones)
- 2 cups 2% plain Greek yogurt:**
 - 1 cup (Baked Bagels)
 - 1 cup (Chocolate Truffle Sweet Dip)

PRODUCE

- Fresh fruit** | *Choose your favourites to build a fresh fruit platter*

PANTRY STAPLES

- 2 tbsp oil**, or enough for brushing (Baked Bagels)
- 1 tsp white vinegar** (Easy Eggs Benedict)

OTHER

- 4 English muffins** (Easy Eggs Benedict)

TIP: Add your favourite spreads like nut butter, butter, or cream cheese to serve at brunch.

EASY EGGS BENEDICT



TIP: Swap out English muffins and use **Baked Bagels** or **Quick Biscuits** as the base.



TOTAL TIME: 20 min



4 SERVINGS



\$1.35 CA/\$1.15 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup fresh fruit.

INGREDIENTS

1 tsp white vinegar
8 eggs
4 English muffins, split and toasted
½ cup prepared **Hollandaise Sauce**

MAKE IT YOUR WAY!

Try these delicious combinations:

- A. Classic:** Easy Eggs Benedict + peameal bacon or ham.
- B. Veg Out:** Easy Eggs Benedict + sliced tomatoes + spinach + sautéed mushrooms.
- C. West Coast:** Easy Eggs Benedict + smoked or cooked salmon + fresh chopped dill.

NUTRITIONAL INFO

Per serving: Calories 360, Fat 19 g (Saturated 8 g, Trans 0.3 g), Cholesterol 390 mg, Sodium 450 mg, Carbohydrate 30 g (Fibre 4 g, Sugars 7 g), Protein 19 g.

INSTRUCTIONS

1. Fill a medium saucepan until it's ¾ full of water. Add vinegar; bring to a boil over high heat.
2. Reduce heat; simmer. Using a spoon or spatula, create a whirlpool by stirring the water in one direction. In a **Prep Bowl**, crack one egg. Gently slip the egg into the centre of the whirlpool. Repeat with three more eggs. Cook until egg whites are set and yolk is done to your liking, about 4 min for a soft poach. Using a slotted spoon, remove from water and drain on a paper or kitchen towel. Repeat process with remaining four eggs.
3. Place two English muffin halves on each plate. Place one egg on each muffin half. Drizzle 1 tbsp sauce over each egg.

Feeding a crowd?

Place two **Muffin Makers** on separate **Sheet Pans**. Fill each well with 1 tbsp water; crack 1 egg into each well. Bake at 350° F, rotating halfway through, until whites are set, 20 min. Remove from oven; let stand 1–2 min to finish setting. Using a spoon, gently loosen eggs, tilting to drain excess water.

QUICK BISCUITS



TIP: For perfectly even biscuits, use **Prep Pro Scoop** (¼ cup) and scrape scoop to level on the side of the bowl.



TOTAL TIME: 35 min



8 BISCUITS



\$1.13 CA/\$0.96 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: 2 tbsp nut butter, ½ cup 2% plain Greek yogurt, and ½ cup berries.

INGREDIENTS

1 egg
⅔ cup milk, your choice
½ cup unsalted butter, cold
1 pkg **Quick Biscuit Mix**

NUTRITIONAL INFO

Per serving (1 biscuit): Calories 250, Fat 13 g (Saturated 8 g, Trans 0.4 g), Cholesterol 60 mg, Sodium 330 mg, Carbohydrate 31 g (Fibre 1 g, Sugars 3 g), Protein 3 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. In small bowl, whisk egg with milk. Set aside.
3. Cube butter; place in a large bowl with mix. Using a fork or a pastry blender, cut butter until it's the size of small peas. Add egg mixture and stir until evenly moistened.
4. Scoop dough into 8 mounds, about ¼ cup each. Place on pan and bake until golden-brown, 17–20 min.

QUICK SCONES



MAKE IT A PERFECTLY BALANCED PLATE: 2 tbsp nut butter, ½ cup 2% plain Greek yogurt, and ½ cup berries.

INGREDIENTS

1 egg
½ cup milk, your choice
½ cup unsalted butter, cold
1 pkg **Quick Biscuit Mix**
2 tbsp **Dip Mix** or **Sweet Dip Mix**,
your choice

NUTRITIONAL INFO

Per serving (1 scone): Calories 260, Fat 13 g
(Saturated 8 g, Trans 0.4 g), Cholesterol 60 mg,
Sodium 330 mg, Carbohydrate 32 g (Fibre 2 g,
Sugars 3 g), Protein 3 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. In a small bowl, whisk egg with milk. Set aside.
3. Cube butter; place in a large bowl with biscuit mix and dip mix. Using a fork or a pastry blender, cut butter until it's the size of small peas. Add egg mixture and stir until evenly moistened.
4. Gently knead dough to form a ball; press out into an 8" circle. Using a sharp knife, cut into 8 wedges. Pull wedges apart and place on pan. Bake until golden-brown, 17-20 min.

BAKED BAGELS



TOTAL TIME: 45 min



6 BAGELS



\$1.46 CA/\$1.24 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 tsp nut butter, ½ cup 2% plain Greek yogurt and ½ cup berries.

INGREDIENTS

Oil, for brushing

1½ cups **Easy Peasy Bagel, Pancake & Waffle Mix**

¼ tsp **Sea Salt**, finely ground

1 cup 2% plain Greek yogurt

Toppings (optional): Everything Bagel Whole Food Topper

NUTRITIONAL INFO

Per serving (1 bagel): Calories 140, Fat 1 g (Saturated 0.5 g, Trans 0 g), Cholesterol 5 mg, Sodium 390 mg, Carbohydrate 28 g (Fibre 2 g, Sugars 4 g), Protein 5 g.

INSTRUCTIONS

1. Preheat oven to 375° F. Lightly brush **Perfect Portion Bagel & Donut Pan** with oil and place on **Sheet Pan**; set aside.
2. In a bowl, whisk mix with salt. Make a well in centre; add yogurt. Using a fork, mix until combined. Dough will be crumbly.
3. Knead dough in bowl a few times until it comes together in a ball. Dough should be tacky, but not sticky. Cover and let stand 10 min.
4. Turn onto floured counter; knead 2–3 times and flatten slightly. If dough is sticky, add more mix. Cut into six wedges. Roll into ropes, each about 7" long.
5. Lay ropes in pan; pinch ends to seal. Sprinkle with topper, if desired.
6. Bake until puffy and golden, 15–18 min. Cool; pop out.

HOW TO BUILD A FRUIT PLATTER



Creating a show-stopping fruit platter at home is almost as easy as buying a plastic tray fruit plate at your local grocery store. We like to think it's much more enjoyable, fun, and satisfying to make it yourself, in three simple steps.

HERE'S HOW THE PROS GET IT DONE IN JUST THREE SIMPLE STEPS:

- 1. Start with a serving platter** (think large white plate or wooden board—make sure it's food safe!). You'll want enough space to fit everything, but try to avoid having too much white space on the platter. You want the food to look generous and abundant!
- 2. Texture, colour, variety!** Choose crunchy (e.g., apples, pears, starfruit, grapes) and soft (e.g., kiwi, berries, melon, oranges, mango). Slice fruit into manageable pieces. You want everyone to dig in! Cut grapes into small clusters and large fruit into one or two bite-sized portions.
- 3. Fill multiple bowls with Chocolate Truffle Sweet Dip** (recipe on pack). Anchor the platter with these bowls and your larger pieces of fruit to block out sections. Fill in the gaps with smaller pieces of fruit. Don't shy away from layering!

KEEPING EVERYTHING FRESH

For best results, prepare your fruit platter the day you plan on serving it. To streamline prep, slice fruit the night before and store covered in the fridge. Some fruit, such as bananas or strawberries, stay fresher longer if left whole. Slice those the day of to avoid browning or soggy bits. The day of, simply arrange on the platter.

BONUS RECIPE!

CHOCOLATE TRUFFLE SHEET PAN PANCAKES



TIP: Add sliced bananas, blueberries, or chocolate chips to the batter before baking.



TOTAL TIME: 30 min



12 SERVINGS



\$1.59 CA/\$1.35 US PER SERVING

These are ideal for a hands-off brunch where everyone gets a pancake hot off the pan without flipping a single cake! Prep ahead and bake cakes, then cool, portion, and wrap individually. Freeze up to three months; pop frozen into a toaster oven to reheat.

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup fruit such as berries and $\frac{1}{2}$ cup 2% plain Greek yogurt (for extra flavour, add **Chocolate Truffle Sweet Dip Mix**).

INGREDIENTS

1 pkg **Easy Peasy Bagel, Pancake & Waffle Mix**

2-3 tbsp **Chocolate Truffle Sweet Dip Mix**

3 eggs

$2\frac{1}{4}$ cups milk, your choice

2 tbsp vegetable oil

Toppings (optional): maple syrup, berries, icing sugar

NUTRITIONAL INFO

Per serving (1 pancake): Calories 210, Fat 6 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 350 mg, Carbohydrate 33 g (Fibre 2 g, Sugars 5 g), Protein 6 g.

INSTRUCTIONS

1. Preheat oven to 400° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. In a large bowl, whisk mix, sweet dip mix, eggs, milk, and oil.
3. Pour batter into pan. Using **3-in-1 Spatula**, spread evenly into corners. Gently tap the pan on the kitchen counter a few times to help even out the batter and release air bubbles.
4. Bake until centre springs back when pressed with a finger and a toothpick inserted in the centre comes out clean, 15 min. Let cool in pan 10 min.
5. Using a **Flipper**, cut into 12 squares and serve!

3 WAYS WITH CHOCOLATE TRUFFLE SWEET DIP MIX



Rich, decadent, classic chocolate taste, made with organic cane sugar and organic cocoa. One jar makes 5 cups of dip.

1. COCOA BLISS MORNING OATS

In **Rectangular Steamer**, combine $\frac{3}{4}$ cup **milk** and $\frac{1}{3}$ cup **quick oats**. Mix well. Cover; microwave on high 1–2 min. Stir in 1 tsp **Sweet Dip Mix**.

2. MORNIN' MOCHA

In **Multipurpose Pot**, combine 2 cups **milk** and 1 tbsp **Sweet Dip Mix**. Over medium heat, stir constantly until steaming. Using a whisk or frother, froth milk until foamy. Divide $1\frac{1}{2}$ cups **freshly brewed coffee** into four mugs and top with frothed milk. Sprinkle with additional sweet dip mix, if desired.

3. CHOCOLATE TRUFFLE PARFAIT

In a bowl, stir 2 tbsp **Sweet Dip Mix** into 1 cup **2% plain Greek yogurt**. In a tall glass, layer yogurt, 1 cup **fresh raspberries**, and 2 tbsp **shredded coconut**, until filled to the top.



3 WAYS WITH EASY PEASY BAGEL, PANCAKE & WAFFLE MIX



Made with buckwheat flour, potato starch, rice flour, and tapioca starch, it makes three family favourites—find recipes on pack. One bag makes a dozen bagels or up to 24 pancakes or waffles.

1. CHOCO-NANA WAFFLES

In a bowl, stir 2 tbsp **Chocolate Truffle Sweet Dip Mix** into 1 cup **2% plain Greek yogurt**. In a sauté pan or skillet, heat 2 tbsp **unsalted butter** over medium heat. Add 2 **sliced bananas**. Cook until golden, about 2 min per side. Serve **prepared waffles** (recipe on pack) with dollops of dip and top with bananas.

2. MINI PANCAKE SKEWERS

In a bowl, whisk together 1 cup **mix**, 1 **egg**, $\frac{3}{4}$ cup **milk**, and 1 tbsp **oil**. Lightly coat sauté pan or skillet with oil. For each mini pancake, use 1 tbsp batter. Cook until golden on both sides. To assemble, alternate pancakes and **fresh fruit** on small skewers. Serve with maple syrup, if desired.

3. AVO BAGEL SAMMIE

Prepare 1 recipe **Baked Bagels** (recipe on pack) and slice three bagels in half. In a bowl, mash 1 **large avocado**. Spread avocado onto bottom halves of bagels. Top with **sliced cucumber**, **sliced tomato**, and **sprouts**. Cover with bagel tops.



3 WAYS WITH QUICK BISCUIT MIX



Soft and tender centre with irresistibly crispy edges. Buttery, mildly sweet, and salty—you won't believe it's gluten free! One package makes 8 biscuits.

1. BISCUITS & MAPLE CINNAMON BUTTER

In a bowl, beat $\frac{1}{2}$ cup **unsalted butter** (room temperature) with 1 tsp each **cinnamon** and **maple syrup**. Using an electric mixer, whip on medium speed until light and fluffy. Serve with **prepared biscuits** (recipe on pack).

2. BACON 'N EGG BISCUIT SANDWICH

Prepare 1 recipe **Quick Biscuits** (recipe on pack). Slice each biscuit in half. Spread 1 tsp **mayo** onto four biscuit halves. Top with **scrambled eggs**, **sliced cheese**, **bacon**, and **baby spinach**. Cover with remaining biscuit halves.

3. BERRY CLOUD BISCUITS

Prepare 1 recipe **Quick Biscuits** (recipe on pack). Slice each biscuit in half; layer with **whipped cream** and **sliced strawberries**, then cover with biscuit top. Dust with **powdered sugar**, if desired.

