

Family Fun Time



Working Together

Read “The Extra Half-Mile” (page 4). In this story, Mikel helps his sister do a hard thing. When you work together, you can do more than you can on your own!

Here’s a fun meal you can make and eat together. It would be hard to make on your own, but with everyone helping, it can be fun and easy. Make this meal for breakfast, or have breakfast for dinner! Be sure that everyone who can help has a task to do.

If you’re making both recipes, preheat the oven to 350°F (180°C) and make the French toast. Once that’s in the oven, make the muffins and put those in the oven too. Be sure to get an adult’s help.

Baked French Toast

8 cups of torn whole wheat bread (about half a loaf) **2 teaspoons vanilla**
6 large eggs **1 teaspoon cinnamon**
2 cups milk **1/2 teaspoon salt**
1/2 cup sugar **1/2 cup brown sugar**

1. Preheat the oven to 350°F (180°C).
2. Put the torn bread in a lightly greased 9x13-inch (23x33-cm) pan.
3. Beat the eggs, and mix in the milk, sugar, vanilla, cinnamon, and salt. Pour the mixture over the bread. Stir the bread to get it all coated.
4. Sprinkle the brown sugar evenly on top of the bread.
5. Bake on the middle rack of the oven for 45-50 minutes or until a knife comes out clean when you stick it in the middle. Serve plain or with fresh fruit—it doesn’t need extra syrup.



Scrambled Egg Muffins

1/4 cup flour **1 cup shredded cheddar cheese**
1/2 teaspoon baking powder **1 cup diced ham or crumbled sausage**
1/2 teaspoon salt **1/4 cup finely chopped onions or sweet peppers**
1/4 teaspoon pepper
5 large eggs
1/4 cup butter, melted
1 cup low-fat cottage cheese



1. Preheat the oven to 350°F (180°C).
2. Stir together the flour, baking powder, salt, and pepper in a large bowl.
3. Crack the eggs into the bowl and beat them well. Stir in the rest of the ingredients.
4. Spoon the batter into 12 greased muffin cups.
5. Bake on the middle rack of the oven for 20-25 minutes, or until the muffins are slightly golden on top.

