GOOD FOOD FAST

GIVE YOURSELF A BREAK

Take your meal to go by folding your favorite a.m. foods inside a pancake.

TACO 'BOUT BREAKFAST!

Photos by Ted & Chelsea Cavanaugh

Styling by Sue Li

Flapjack Fillers

Whether you make fresh pancakes or use frozen, top and fold them for a playful take on breakfast tacos in minutes. **By Devon O'Brien**

Cinnamon Apple
Sauté chopped sweet apple in a little butter. Sprinkle with cinnamon and serve in a pancake topped with a dollop of yogurt.

Berries & Chocolate
Top a pancake with chocolate hazelnut spread and mixed berries. Dust with powdered sugar.

Bean & Cheese
Spoon seasoned black beans on a pancake and sprinkle with shredded Mexican-style cheese. Garnish with chopped fresh cilantro.

Egg & Sausage
Tuck scrambled eggs and cooked breakfast sausage in a pancake. Drizzle with maple syrup.

Southwest Tofu Scramble
Sauté crumbled extra-firm tofu in a little olive oil with a spoonful of salsa. Spoon into a pancake and top with sliced avocado.

PB&B&B
Spread peanut butter over a pancake. Top with banana and cooked bacon.

NUTRITION INFO: page 123

JACOB FOX; STYLING: LAUREN MCANELLY (FOOD), SUE MITCHELL (PROPS)