



 **Homemade Method™**

BREAKFAST OF CHAMPIONS

FOR THE LIFE-CHANGING
COOKING PROGRAM

www.homemademethod.com

**AUSSIE
VERSION!**

A MESSAGE FROM OUR FOUNDER, ANNA



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This Recipe Book was created exclusively with love for our **Life-Changing** Cooking Program Members and Success Members. I hope you enjoy it! 😊

A word of warning: The magic is not in the Recipes... If you want to TRANSFORM your health and weight for LIFE, do the Program!! There is no replacement for putting in the work.

You are welcome to share a recipe or two with your friends and family.

We even have a special friends and family discount offer ([click here to learn more](#)). That's because you're more likely to succeed with your health and weight loss goals when you do healthy lifestyle changes with your loved ones!

But...This document and its contents are protected by copyright laws and intended for private use only.

So please do not copy, sell or share these recipes, to respect our intellectual property and avoid breaching the law.

If you've got any questions, please reach out to our team at member@homemade-cooking.com.

Warmly,
Anna Rakoczy
Founder, Homemade Method
Your Chief Cheerleader

USEFUL LINKS

[CLICK HERE TO ACCESS COMPLETE PROGRAM RECIPES](#)

[CLICK HERE TO ACCESS US VERSION](#)

VOLUME

1 TABLESPOON = 3 TEASPOONS = 15 MILLILITERS

4 TABLESPOONS = $\frac{1}{4}$ CUP = 60 MILLILITERS

1 OUNCE = 2 TABLESPOONS = 30 MILLILITERS

1 CUP = 8 OZ = 250 MILLILITERS

1 PINT = 2 CUPS = 500 MILLILITERS

1 QUART = 4 CUPS = 950 MILLILITERS

1 QUART = 2 PINTS = 950 MILLILITERS

1 GALLON = 4 QUARTS = 3800 MILLILITERS = 3.8 LITERS

WEIGHT

1 OUNCE = 30 GRAMS

1 POUND = 16 OUNCES

1 POUND = 450 GRAMS

2.2 POUNDS = 1 KILOGRAM

TEMPERATURE

350 F = 180 C

375 F = 190 C

400 F = 200 C

425 F = 220 C

CONTENTS

The Basics	2
Basic Porridge.....	3
Basic Egg Sandwich	5
Bulk Cook Recipes	7
Portobello Mushroom and Goat Cheese Frittata (Bulk Cook)	7
Egg Muffins (Bulk Cook).....	10
Homemade Granola (Bulk Cook).....	12
Five Minute Breakfasts	15
Perfect Porridge (5 minutes).....	17
Coconut Chia Pudding (5 minutes).....	19
Sicilian Poached Eggs with Vine Ripened Tomatoes	21
Poached Egg	25
Soft and Hard-boiled Eggs.....	27
Scrambled Eggs.....	29
Pan-fried Eggs.....	31

BREAKFAST RECIPES FOR YOU TRY

Below you can find some of our most popular breakfast recipes, designed with busy, health-conscious people in mind. The most important thing about these breakfasts is that they are all nutrient-dense, made with whole food ingredients, and designed to give you sustained energy throughout the morning, without spiking your blood sugar. They are miles ahead of the fatty, sugary, overly salted versions you can buy. Best of all, they are delicious and satisfying!

We have broken up our Breakfast Recipes into 3 categories:

BULK COOK, 5 MINUTE BREAKFASTS AND WEEKEND SPECIAL

The Bulk Cook recipes are those we recommend you cook in bulk on the weekend or one weeknight and will give you several serves to enjoy throughout the busy working week. As the name suggests, the 5 Minute Breakfasts take about 5 minutes or less to prepare to get you sorted, even on the busiest morning! Meanwhile, the Weekend Special is designed to be prepared and savoured when you have more time on the weekend or want to impress your friends (or yourself!) with a more challenging dish.

Lastly, we have included recipes for 'Eggs Any Style' - so you can make perfect eggs, just the way you like them.

Enjoy!



BREAKFAST OF CHAMPIONS

THE BASICS

We begin with 'The Basics' to get you started building healthy breakfast habits, regardless of your current routine or cooking level.

These both take under 5 minutes to prepare and offer a complete meal with balanced protein, carbohydrates and healthy fats.

You can enjoy these Basic Breakfasts every day and you should notice improvements to your cravings, bowel movements and morning energy levels within a week or two.



BASIC PORRIDGE

Porridge is pretty much the best start to any day - especially if you seek to lose weight, maintain weight loss or improve your health. It is very satiating, full of soluble and insoluble fibre to keep you regular and to feel full. And, oats are great for your heart, too!

Oats are also surprisingly a good source of protein, and the added nuts also add beneficial protein and heart healthy fats.

Serves: 1

Prep time: 2 minutes

Cook time: 10 minutes

INGREDIENTS

QTY

LINKS TO BUY

Whole rolled oats

$\frac{2}{3}$ cup

[Whole rolled oats](#)

Water

$\frac{1}{2}$ cup

Milk

$\frac{1}{2}$ cup

[Almond milk](#)

Nuts (almond, sunflower, or
any other)

1 tbsp

[Almonds](#)

Honey

1 tsp

[Honey](#)

Berries or sliced apple or
apricot

$\frac{1}{2}$ cup to top

[Dried blueberries](#)
or [Apple](#)

INSTRUCTIONS

- Add all ingredients to a small saucepan on low heat and heat, stirring constantly. Serve hot with additional milk if desired.



BASIC EGG SANDWICH

Eggs have been described as the ‘perfect’ food. They have a lot of protein and are low in fat and sugar. The old view that the cholesterol found in eggs is damaging has been discredited and it is now established that eggs can actually raise your levels of good cholesterol (HDL).

The whole grain bread adds extra fibre and energy. The avocado adds heart-healthy fats and helps you feel satisfied. The tomatoes and spinach add healthful veggies, antioxidants, vitamins and minerals. A wholesome, delicious & fast breakfast for busy people on the go!

Serves: 1

Prep time: 7 minutes

Cook time: 3 minutes

INGREDIENTS

QTY

LINKS TO BUY

Eggs

2 ea

Bread, whole grain /
wholemeal

1-2 slice

Avocado

½ ea

[Avocado](#)

Tomato, sliced thinly

½ ea

Spinach

handful

Salt & cracked pepper

to taste

[Salt](#) or [Pepper](#)

INSTRUCTIONS

- Put bread in a toaster.
- Break eggs in a mug and beat with a fork.
- Cook on the stove in an oiled pan on medium heat for 2 - 3 minutes, stirring, OR microwave on high for about 45 secs.
- Spread avocado on toast and add sliced tomato and spinach. Spoon cooked egg on top of the other ingredients and top with salt and pepper.
- Close the sandwich with the other slice of toast (if you are having 2 slices).



BULK RECIPES

PORTOBELLO MUSHROOM AND GOAT CHEESE FRITTATA (BULK COOK)

This recipe can be made in bulk with ANY cheese and vegetables of your choice so that you can cook once then enjoy healthy, nourishing breakfasts to-go for days!

What's so great about Homemade frittatas is that they are high in protein. It's a great way to sneak vegetables into the beginning of your day without really noticing them! These veggies provide the fibre your body needs to fuel up for the day, so you don't reach for those mid-morning pastries, helping you lose weight **WITHOUT** dieting or depriving yourself of this vital meal!

This breakfast tastes decadent and filling due to the addition of cheese & nuts, which contain satiating fats. It's also a great bulk cooking option and can be chopped into slices and enjoyed for days - hot or cold - as a healthy breakfast on the go.

Serves: 3-4

Prep time: 10 minutes

Cook time: 30-40 minutes

INGREDIENTS

Olive oil

Red onion

Rosemary

Garlic

Salt and pepper

Portobello mushroom or any
mushroom

Spinach

EGG BLEND

Eggs

Milk

TOPPINGS

Sunflower seeds or any seeds

Goat's cheese or any cheese

QTY

3 tbsp

½ cup

1 tbsp

1 clove

½ tsp

½ cup

1 cup

6 ea

¼ cup

1

2

LINKS TO BUY

[Olive Oil](#)

[Rosemary](#)

[Salt & Pepper](#)

[Sunflower Seeds](#)

INSTRUCTIONS

- Preheat the oven to 150°C or 300°F.
- Mince or finely chop garlic and rosemary.
- Slice the mushrooms and the spinach into 2.5 cm thick strips.
- Chop red onions into small cubes, about 1.25 cm.
- Take a large pan and heat to a medium heat, add olive oil.
- The pan is ready to add other ingredients when water sizzles if you flick it on the pan.
- Sauté red onions, garlic and rosemary in olive oil for 3 - 4 minutes or until onions soften and become translucent.
- Add mushrooms, salt and pepper and sauté until mushrooms are slightly cooked and have released their water, around 3 - 4 minutes. Drain off extra water.
- Add spinach and cook down for 2 minutes, stirring. We want it firm & green.
- Whisk or blend the eggs and milk together in a separate bowl. Pour egg mixture into pan with veggies.
- Place dollops of goat cheese on top and sprinkle top with sunflower seeds.
- Bake at 150°C or 300°F for 20 - 30 minutes OR reduce heat to very low and cover.
- Cool slightly before cutting and serving.
- Serve warm or cold. Enjoy with a side of toast or a salad!



RECIPE NOTES



EGG MUFFINS (BULK COOK)

Egg Muffins are like the little sister or frittata and share all of the same benefits. They can also be made with any vegetables, cheeses, nuts, or herbs of your choice.

The main difference is simply that you prepare them in cute little muffin cups - making them even easier to pack and enjoy on the go - and more appealing to kids (or husbands!)

Serves: 4

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

QTY

LINKS TO BUY

Organic eggs

8 ea

Almond milk

$\frac{2}{3}$ cup

[Almond milk](#)

Spring onion

$\frac{1}{2}$ cup

Oregano

1 tbsp

[Oregano](#)

Vegetables

2 cup

Salt & pepper

1 tsp

TOPPING

Ricotta cheese or any cheese

110 grams

INSTRUCTIONS

- Preheat oven to 180°C OR 350°F.
- Take your vegetable of choice and chop or grate finely. Here's some options you can use: carrot, zucchini, broccoli, mushrooms, cherry tomatoes, corn, asparagus, capsicum, onion. You can also use a mix of your choice.
- Grease a muffin tin.
- Beat eggs with milk, salt and pepper by hand or blend in a food processor.
- Finely chop onions and oregano and add to egg mixture.
- Pour egg mix into muffin tins.
- Spoon an equal amount of your raw vegetable mix into each muffin tin. Swirl gently for a couple of seconds with a fork to coat with egg.
- Top each muffin with a spoon of ricotta or any cheese of your choice.
- Cook for 15 minutes or until browned on top and light and springy.
- Carefully remove from tins and allow to cool. Serve warm or cold. Enjoy with a side salad or piece of toast.



HOMEMADE GRANOLA (BULK COOK)

Homemade Granola is delicious, full of nourishing whole grains, nuts, seeds and dried fruit... and you can control the amounts of healthy sweeteners and fats you add (unlike store-bought versions which tend to be very high in 'healthy' sugars or fats or... both). This is a breakfast that should be enjoyed occasionally as it is calorie-dense.

Alternatively, serve a small amount with yoghurt and fruit or mix in $\frac{1}{2}$ whole rolled oats. By adding MORE of the simple good stuff (fruit, oats, yoghurt), you can enjoy this treat more often without sabotaging your health or weight loss efforts. Also note, you can substitute any nuts, seeds, or dried fruits in this recipe.

Serves: 6-8

Prep time: 5 minutes

Cook time: 25-30 minutes

INGREDIENTS

QTY

LINKS TO BUY

Whole rolled oats

4 cup

[Whole Rolled Oats](#)

Coconut flakes

2 tbsp

[Coconut Flakes](#)

Chopped or sliced almonds

4 tbsp

[Almonds](#)

Raw sunflower seeds

2 tbsp

[Sunflower Seeds](#)

Raw sesame seeds

2 tbsp

[Sesame Seeds](#)

HEAT IN SAUCEPAN

Raw honey

⅓ cup

[Honey](#)

Extra virgin coconut oil (or butter)

3 tbsp

Cinnamon

½ tsp

[Cinnamon](#)

Sea salt

½ tsp

STIR IN AFTER COOKING

Dried unsweetened cranberries

4 tbsp

[Dried cranberries](#)

INSTRUCTIONS

- Preheat the oven to 180°C or 350°F. Grease a baking tray or line with baking paper.
- Place the oats, coconut flakes, nuts, and seeds in a large bowl and stir to combine.
- Place the honey, coconut oil (or butter), cinnamon and sea salt in a small saucepan & heat over low heat while stirring until all the ingredients melt and come together. Pour honey mixture over the oat/nut/seed mixture and stir until coated.
- Spread the granola out on a large baking sheet & bake for 25 – 30 minutes or until lightly browned.
- Be sure to check your granola every ten minutes, giving it a stir to ensure even cooking.
- Once evenly toasted and brown, add the cranberries, let the granola cool, then pack in an airtight container. To Serve: Enjoy with milk or yoghurt of your choice, or on top of fruit.



FIVE MINUTE BREAKFASTS

YOGHURT PARFAIT

This is a lovely way to serve Homemade granola or even just layer with rolled oats. It is an example of making healthy Homemade food more appetizing by preparing and presenting it with love, quality and care.

Kids and husbands may also be more excited about eating granola or oats when it is presented like this! Best of all, you can prepare it in just a couple of minutes... or prepare a bunch in mason jars and be set for a couple of days!

Serves: 4

Prep time: 5 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

LINKS TO BUY

Homemade Granola or whole rolled oats

2 cup

[Whole Rolled Oats](#)

Natural yoghurt

3 cup

Seasonal fruit

4 cup

Honey (optional)

2 tbsp

[Honey](#)

INSTRUCTIONS

- Dice seasonal fruit (berries, stone fruit, apples, pears and tropical fruits all work great)
- Layer ingredients in a glass mason jar. We recommend starting with yoghurt, top with diced fruit, then add granola. Now, add another layer of each ingredient, finishing with granola on top.
- Enjoy right away or chill and grab 'n' go when you are ready to enjoy!



PERFECT PORRIDGE (5 MINUTES)

This is a slightly more involved porridge recipe than our basic recipe - and shows you how you can start innovating and adding depth to your cooking. Again, it's another example of 'hiding' more healthy ingredients into your cooking to add more nourishment without taking away from the flavours. If you haven't traditionally enjoyed porridge, we encourage you to experiment and see if you can create your own special blend that you love. Because there really is no better breakfast than porridge when it comes to supporting weight loss & maintenance.

You can change up your porridge easily by adding in different mix-ins. For instance, fresh berries, slivered almonds, and honey are a great combo: as is a little brown sugar, walnuts, and chopped apples! Porridge is also a great dish to cook a bulk- you can make a big pot on Sunday, then store it in individual jars in the fridge for a great grab-and-go breakfast! Add more liquid than usual if you are making it in bulk, so it doesn't get too firm when it cools down. If you are making in bulk and have time to soak the oats for any amount of time, up to a day, this can improve digestibility.

Serves: 3-4

Prep time: 5 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

LINKS TO BUY

Whole rolled oats

⅔ cup

[Whole Rolled Oats](#)

Water

½ cup

Milk

½ cup

[Almond milk](#)

Flax seeds, ground

2 tbsp

[Ground flax seeds](#)

Optional / To Taste

Vanilla essence

¼ tsp

[Vanilla](#)

Cinnamon

¼ tsp

[Cinnamon](#)

Sea salt

pinch

Honey or agave

1 tsp

[Agave](#) or [Honey](#)

Dried fruit, nuts, seeds of
your choice

to taste

Top with seasonal fruits or
yoghurt

to taste

INSTRUCTIONS

- Mix the oats in the water in a small pot or saucepan. Stir in milk, ground flaxseeds, honey, vanilla extract, cinnamon and sea salt.
- Heat over medium heat, stirring constantly once the mixture starts to simmer. Cook until oats are soft and creamy, around 3 minutes. Add more water or milk for desired consistency. When your oats are cooked all the way through and achieve a creamy porridge like consistency, your porridge is ready, stir in dried fruit, nut and seeds, or top with yoghurt!



COCONUT CHIA PUDDING (5 MINUTES)

Chia seeds are a true superfood - containing all of the essential amino acids needed by the body - so they are a great plant-based source of protein. They are also high in essential omega 3 and 6 fatty acids, and fibre. A true win! The BEST thing about this breakfast is it's incredibly nutritious... but it tastes like you're eating dessert!

All toppings are completely optional and can be swapped out for anything you prefer. This recipe works best if you are able to soak the chia seeds in coconut milk overnight (or for at least 30-60 mins before serving). You can also bulk pre-prepare this dish and serve in mason jars, so in the morning you can just grab and go.

Serves: 2

Prep time: 5 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

LINKS TO BUY

Chia seeds

½ cup

Milk, or any kind of milk

1 ½ cup

[Almond milk](#)

Honey, mashed dates or
agave

1-2 tbsp
(to taste)

[Agave](#) or [Honey](#).

TOPPINGS

Coconut flakes

2 tsp

[Coconut Flakes](#)

Sliced banana

1 ea

Seasonal fruit

¼ cup

Assorted nuts and seeds

¼ cup

INSTRUCTIONS

- Mix chia seeds and minced dates (or honey or agave) in coconut milk.
- Soak overnight or for as long as you have. You can add more liquid if the mixture thickens too much.
- Chop your desired seasonal fruits and nuts.
- Once the chia seeds are hydrated and the mixture has a pudding like consistency, then stir in nuts, seeds, and any more honey to taste.
- Top with coconut flakes and sliced fruit. Enjoy!



WEEKEND SPECIAL

SICILIAN POACHED EGGS WITH VINE RIPENED TOMATOES

This is a true Sicilian recipe and is OMG delicious! And super impressive... but actually really easy to make and hard to go wrong! Great for preparing on the weekend when you have some time to cook and enjoy slowly.

This breakfast is such a winner because you get tons of antioxidants in the cooked tomatoes, including lycopene which is actually increased with heating, as well as fresh torn basil and garlic.

Serves: 2

Prep time: 10 minutes

Cook time: 22 minutes

INGREDIENTS

QTY

LINKS TO BUY

Olive oil	1 tbsp
Brown onion, small, chopped	½ each
Garlic, minced	1 clove
Chilli flakes, crushed	½ tsp
Vine ripened tomatoes, large, chopped or 1 large tin of tomatoes	2 - 3 each
Salt & freshly ground black pepper	pinch
Fresh or dried parsley chopped	1 tbsp
Eggs	4 each
Spinach	2 cups
Whole grain or wholemeal toast (optional)	2 pieces

[Parsley](#)

INSTRUCTIONS

- Bring a large saucepan to medium heat on the stove, then add oil and let heat up.
- Add chopped onion, cooking for a few minutes, then add the minced garlic and crushed chilli flakes. Cook and stir until lightly browned.
- Add fresh chopped tomatoes to the pan and cook for a few minutes until the tomatoes soften and release some liquid.
- Add fresh herbs and mix through.
- Add a little water to bring to a sauce like consistency, then let sit and simmer for about 10 minutes. Season to taste with salt and pepper.
- Make little gaps in the tomato mixture using a spatula.
- Crack eggs into the gaps, cover gently with tomato sauce mix and cook for 3-5 minutes until poached.
- Remove from heat and let stand for 2 or 3 minutes until whites are just set.
- Lay a bed of spinach on a plate.
- Gently lift egg out and place it on a piece of toast, on top of spinach.
- Spoon rest of sauce on top of egg.
- Sprinkle with cracked pepper or parmesan and serve immediately alongside toast.



WEEKEND SPECIAL

EGGS ANY STYLE

Any self-respecting Homemade Chef should be able to confidently whip up some eggs! And it's really not that hard when you know how :) Eggs are awesome, not only for their health properties, but because you can turn into almost any meal of the day when you are hard-pressed for time, inspiration, ingredients or just can't be bothered cooking! Here's some non-breakfasty things you can do with eggs:

Squash poached eggs in a sandwich or wrap with some mayonnaise, tomato and spinach; hard boil them and cut into slices served on top of salad, hard boil them as a snack. Scramble with onions and any veggies and serve with hot sauce for a simple dinner.



POACHED EGG

Serves: 2

Prep time: 10 minutes

Set time: 5 minutes

INGREDIENTS

QTY

Salt	1 tsp
White vinegar	2 tsp
Whole large eggs, as fresh as possible	2 ea

INSTRUCTIONS

- Add enough water to come 2.5 cm up the side of a narrow, deep 2 litre saucepan.
- Add 1 teaspoon kosher salt and 2 teaspoons white vinegar and bring to a simmer over medium heat.
- Meanwhile, crack 1 very fresh cold large egg into a small bowl or ramekin. Repeat with the second egg.
- Using the handle of a spatula or spoon, quickly stir the water in one direction until it's all swirling in one direction.
- Carefully place the eggs into the centre of the whirlpool. The swirling water will help prevent the white from "feathering" or spreading out in the pan.
- Turn off the heat, cover the pan, and set a timer for 5 minutes. Don't peek, poke, or touch the eggs in anyway.
- Remove the eggs with a slotted spoon and serve immediately.
- You can also place the eggs in an ice bath and refrigerate up to 8 hours. When ready to serve, reheat in warm water.



SOFT AND HARD BOILED EGGS

Serves: 2

Prep time: 0 minutes

Set time: 20 minutes

INGREDIENTS

QTY

Water

Whole large eggs

4 each

INSTRUCTIONS

- Place eggs in a single layer along the bottom of a small saucepan.
- Cover them with cool water by 2.5 cm.
- Slowly bring water to a boil over medium heat. When the water has reached a boil, cover the pan and remove from the heat.
- For soft boiled eggs: Let the eggs sit for 8 minutes without disturbing them.
- For hard boiled eggs: Let the eggs sit for 14 minutes without disturbing them.
- Once the time is up, transfer the eggs to a bowl of cold water or ice bath to stop the cooking.
- Eggs can be peeled and served immediately.

RECIPE NOTES



- The older your eggs are, the easier they will be to peel
- By adding salt to the water it could help to prevent cracking
- If they do crack, adding white vinegar to the water will help keep the whites from seeping out through the cracked shell



SCRAMBLED EGGS

Serves: 2

Prep time: 3 minutes

Set time: 5 minutes

INGREDIENTS

QTY

Whole large eggs, as fresh as possible

4 ea

Butter or heart healthy oil

1 tbsp

Salt and Pepper

to taste

INSTRUCTIONS

- Whisk the eggs and a pinch of salt and pepper together until light and foamy.
- Add the butter or oil to a non-stick skillet and place it over medium heat.
- When the butter bubbles or oil shimmers (after about a minute) pour the eggs straight into the middle of the pan, which will force the butter/oil to the edges, where it's needed.
- Slowly stir the eggs with a silicone spatula. As soon as curds (big soft lumps) of eggs begin to form, drop the heat to low and shift from stirring to folding the curds over on themselves while gently shaking the pan with the other hand.
- Once there is no more liquid egg moving around the pan, turn off the heat and carefully transfer the scrambled eggs to a plate. Let the eggs rest for 1 minute to finish cooking before serving.

RECIPE NOTES



- Before you begin cooking your eggs, you can place the plates you plan to serve them on in the oven at a low temperature in order to warm them. That way, when you plate the eggs they will not lose all their heat from a cold plate!



PAN FRIED EGGS

Serves: 2

Prep time: 0 minutes

Set time: 5 minutes

INGREDIENTS

QTY

Whole large eggs, as fresh as possible

4 ea

Butter or heart healthy oil

1 tbsp

Salt and Pepper

to taste

INSTRUCTIONS

- Heat a small non-stick skillet over medium - low heat & add butter or oil.
- Once your butter is foaming or your oil is shimmering, crack the eggs into the pan.
- Let them set for 30 seconds or so, then give the pan a slight jiggle to make sure there's no sticking.
- Season with a pinch of salt and pepper and continue to cook over low heat until the whites become opaque.
- To flip using only the pan: Shake the pan slightly to loosen your eggs, then lift the pan, holding it about 30 cm above the heat. Now, flip the eggs over by pushing the pan away from your body and flicking upward simultaneously. Once the eggs start their somersault, raise the pan to meet them so that the exposed yolks experience the softest landing possible. The goal of course is to avoid breaking the yolks.
- To flip using a spatula: Tilt the pan away from you and let the eggs slide towards the back of the pan. Slide the tip of your spatula underneath the edge of the eggs, shimmying it forward until it is more than halfway underneath the eggs. Lift the eggs with the spatula out of the pan, flipping them towards you, bringing the pan back up to meet them gently in order to not break the yolks.
- Once the eggs have been flipped, you can let them continue to cook for ten more seconds for over easy, thirty seconds more for medium, or a full minute longer for well.
- Flip the eggs once more, then slide them onto a plate and enjoy!

RECIPE NOTES



To practice your egg flipper, you can start by trying to flip a slice of bread in your pan, which makes a lot less mess than eggs do when they go flying out of the pan!



WANT MORE?

WE OFFER EXPERT COACHING, A PRIVATE COMMUNITY AND LIVE EVENTS IN OUR CONTINUING SUCCESS MEMBERSHIP.

EMAIL MEMBER@HOMEMADE-COOKING.COM FOR MORE INFO.

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