



Desayuno Hondureno Honduran Breakfast

Homemade Corn Tortillas
Eggs
Butter Cream spread
Black Beans
Fruit juice



To make homemade tortillas, corn flour is mixed with water until it forms a dough.

Then a ball of dough is placed in between two pieces of plastic wrap, and pressed with a tortilla presser. Scramble the eggs and set aside. Put the black beans in a frying pan with a teaspoon of cooking oil; heat the beans, then mash. Spread the black beans on the tortilla, then some eggs on the beans, then put the butter cream on top. Makes a healthy breakfast.

Nuestra Familias Desayuno Mexicano CHILAQUILES Mexican Breakfast



Corn Tortillas
Low fat cheese
Refried Pinto Beans
Red peppers (Not Hot) made into a sauce to put into the Chilaquiles



Shred corn tortillas into pieces and put into a frying pan with canola oil. Tortillas are fried with onions, cilantro and the red pepper sauce. Add the cheese until melted. Serve with pinto beans and juice.

Desayuno Salvadureno PUPUSAS Salvadorian Breakfast



Homemade Corn Tortilla
Red Beans, cooked
Low fat cheese either yellow or white
Tomatoes for sauce
Cabbage
Salt and pepper to taste
Fruit juice



To make homemade tortillas, corn flour is mixed with water to form the dough, then take enough dough and form into a ball to fit the palm of your hand. Cooked red beans and cheese are put in middle of the dough then patted by hand until slightly flattened into a tortilla, then placed on the griddle to cook. Serve with shredded cabbage and tomato sauce. Makes a healthy breakfast.