

#12809



### Yogurt & Berry Parfait with Granola



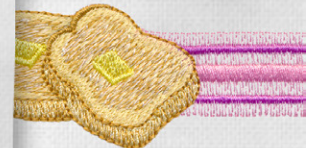
blueberries 1/2 c m  
1/2 tsp sugar or sugar s  
low fat or greek sty  
granola 1 Tbsp chop  
the blueberries, m  
r: stir well and set as  
t 5 minutes. Using  
1/2 of the fruit and  
om of a glass, reserv  
fruit with 1/2 of the yo  
da. Continue layers u  
yogurt and granola  
h walnuts and spoon  
he juices over th

### Cheesy Bacon Breakfast Skillet



30 oz hash browns 6 slices of bacon 6 eggs scrambled  
1 tsp salt 1/2 tsp pepper 1 c shredded cheese  
Cook bacon in frying pan until crisp on  
medium heat. Set aside and crumble once  
cooled. Leave the bacon grease in the pan  
and cook hash browns according to package.  
Once they are lightly browned, pour scrambled  
eggs on top of the hash browns. After a couple  
of minutes cut the dish into 4 pieces and  
flip over. Then top with cheese,  
seasonings and bacon. Serve once  
cheese is melted.

### French Toast



whole milk 1/3 c f  
1/2 tsp vanilla 1/4 t  
6 slices thick bread 3 Tbs  
sugar butter syr  
over the eggs, milk, flo  
illa, salt & cinnamon  
skillet or griddle to me  
s hot, add 1 Tbsp of  
of bread for 30 se  
drip off, then put in  
ch side is golden b  
utter to cook all the  
dust with powdered s  
with butter and  
hot syrup.

7  
DESIGNS

# Breakfast Recipe Towels

Note: Some designs in this collection may have been created using unique special stitches and/or techniques. To preserve design integrity when rescaling or rotating designs in your software, always rescale or rotate designs using the handles directly on-screen.

\*Towel Required

## Cheesy Bacon Breakfast Skillet



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1 tsp salt 1/2 tsp pepper 1 c shredded cheese

Cook bacon in frying pan until crisp on medium heat. Set aside and crumble once cooled. Leave the bacon grease in the pan and cook hash browns according to package. Once they are lightly browned, pour scrambled eggs on top of the hash browns. After a couple of minutes cut the dish into 4 pieces and flip over. Then top with cheese, seasonings and bacon. Serve once cheese is melted.

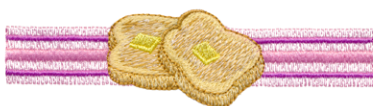
## 12809-01 Breakfast Skillet Recipe Towel

Size Inches:                      Size mm:                      Stitch Count:  
5.31 X 7.86 in.    134.87 X 199.64 mm    28651 St.

■ 1. Ingredients and Instructions .....	0020
■ 2. Title and Background Detail .....	4114
■ 3. Red Detail .....	2211
■ 4. Skillet .....	4174
■ 5. Eggs .....	0630
■ 6. Cheese .....	0800
■ 7. Bacon .....	1311

\*Towel Required

## French Toast



4 eggs 2/3 c whole milk 1/3 c flour  
1/3 c sugar 1/2 tsp vanilla 1/4 tsp salt  
1/8 tsp cinnamon 6 slices thick bread 3 Tbsp butter  
powdered sugar butter syrup

Mix together the eggs, milk, flour, sugar, vanilla, salt & cinnamon.  
Heat a large skillet or griddle to medium. When skillet is hot, add 1 Tbsp of butter. Dip each slice of bread for 30 seconds. Let some batter drip off, then put in skillet. Cook until each side is golden brown. Add more butter to cook all the slices. Put on plate, dust with powdered sugar. Serve with butter and hot syrup.

## 12809-02 French Toast Recipe Towel

Size Inches:                      Size mm:                      Stitch Count:  
5.17 X 8.90 in.    131.32 X 226.06 mm    27041 St.

■ 1. Ingredients and Instructions .....	0020
■ 2. Title and Background Detail .....	2550
■ 3. Purple Detail .....	2732
■ 4. Toast .....	0640
■ 5. Toast Detail .....	0822
■ 6. Powdered Sugar .....	0101
■ 7. Butter .....	0230



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## Yogurt & Berry Parfait with Granola



1/2 c blueberries 1/2 c mixed berries  
 2 tsp sugar or sugar substitute  
 1 c low fat or greek style yogurt  
 1/2 c granola 1 Tbsp chopped walnuts

Mix the blueberries, mixed berries, and sugar: stir well and set aside to macerate for about 5 minutes. Using a slotted spoon, remove 1/2 of the fruit and place it into the bottom of a glass, reserving the juice. Top the fruit with 1/2 of the yogurt and 1/2 of the granola. Continue layers with remaining fruit, yogurt and granola. Sprinkle with walnuts and spoon some of the juices over the top.

## 12809-03 Berry Parfait Recipe Towel

Size Inches: 5.25 X 8.63 in.    Size mm: 133.35 X 219.20 mm    Stitch Count: 30275 St.

■ 1. Ingredients and Instructions .....	0020
■ 2. Title and Background Detail .....	0704
■ 3. Red Detail.....	2101
■ 4. Granola.....	0741
■ 5. Dark Granola .....	0721
■ 6. Yogurt .....	0101
■ 7. Yogurt and Berry Mix .....	2650
■ 8. Yogurt Berry Mix Shading.....	2830
■ 9. Cup Outline and Berries .....	2953

## 12809-04 Life Is What You Bake Of It

Size Inches: 5.00 X 6.30 in.    Size mm: 127.00 X 160.02 mm    Stitch Count: 10510 St.

■ 1. Light Blue Detail .....	4240
■ 2. Blue Words.....	4114
■ 3. Dark Blue Words .....	4116



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## 12809-05 Whisk Me Away



Size Inches:                      Size mm:                      Stitch Count:  
 5.01 X 6.71 in.    127.25 X 170.43 mm    12547 St.

- 1. Purple Words..... 2732
- 2. Light Purple Detail..... 2640

## 12809-06 Real Men Cook



Size Inches:                      Size mm:                      Stitch Count:  
 5.01 X 5.00 in.    127.25 X 127.00 mm    13323 St.

- 1. Red Detail..... 2101
- 2. Charcoal Detail..... 4174

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## 12809-07 Real Men Bake



Size Inches:                      Size mm:                      Stitch Count:  
 5.01 X 5.00 in.    127.25 X 127.00 mm    13348 St.

- 1. Red Detail..... 2101
- 2. Charcoal Detail..... 4174

## Isacord Thread Colors

- |                   |                   |                     |
|-------------------|-------------------|---------------------|
| 0020 Black        | 0800 Golden Rod   | 2732 Frosted Orchid |
| 0101 Eggshell     | 0822 Palomino     | 2830 Wild Iris      |
| 0230 Easter Dress | 1311 Date         | 2953 Concord Fog    |
| 0630 Buttercup    | 2101 Country Red  | 4114 Danish Teal    |
| 0640 Parchment    | 2211 Pomegranate  | 4116 Dark Teal      |
| 0704 Gold         | 2550 Soft Pink    | 4174 Charcoal       |
| 0721 Antique      | 2640 Frosted Plum | 4240 Spearmint      |
| 0741 Wheat        | 2650 Impatiens    |                     |

# MATERIALS



## Stabilizer

- Aquamesh WashAway
- StabilStick TearAway

## Supplies

- Embroidery thread
- Fabric for applique
- Embroidery machine
- *Optional* -
  - alligator clamps, tweezers, hemostats, stiletto or a tiny crochet hook
  - Expert Embroidery Tape TearAway

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0020 Black	0800 Golden Rod	2732 Frosted Orchid
0101 Eggshell	0822 Palomino	2830 Wild Iris
0230 Easter Dress	1311 Date	2953 Concord Fog
0630 Buttercup	2101 Country Red	4114 Danish Teal
0640 Parchment	2211 Pomegranate	4116 Dark Teal
0704 Gold	2550 Soft Pink	4174 Charcoal
0721 Antique	2640 Frosted Plum	4240 Spearmint
0741 Wheat	2650 Impatiens	