

Morning Table

Breakfast and Brunch

Slow mornings, shared skillets, and make-ahead favorites



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

Breakfast can be a quiet bowl enjoyed before the day begins or a generous table that keeps friends talking past noon. This Junction Table collection makes room for both. Pancakes and French toast ask for a little attention at the stove; muffins, baked oats, and an egg bake give you time to set the table while the oven works. Crisp potatoes and bright yogurt cups round out the first menu, whose consolidated shopping list includes every listed ingredient for four servings of each dish. Choose recipes that suit the time you have and read the steps before heating a pan. This is a development edition; the recipes have not been kitchen-tested. Use the appearance and texture cues together with the stated safety checks. Cook egg mixtures until their center reaches 160°F, and avoid tasting raw batter because both flour and eggs can carry harmful germs. Keep dairy and raw eggs refrigerated at 40°F or colder, and wash hands and work surfaces after handling them. Put perishable leftovers away within two hours, or one hour above 90°F. Prepare fruit with clean utensils and keep it away from raw sausage or egg spills. A warm plate and a few extra minutes of planning can make an ordinary morning feel welcoming.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Buttermilk Griddle Pancakes - AI-generated realistic food artwork, not a photograph or tested result.

Buttermilk Griddle Pancakes

4 servings, about 12 pancakes | Prep: 15 minutes | Cook: 15 minutes

Ingredients

- 1½ cups all-purpose flour
- 2 tablespoons sugar
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon kosher salt
- 1½ cups buttermilk
- 1 large egg
- 3 tablespoons unsalted butter, melted and cooled
- 1 teaspoon vanilla extract
- 1 tablespoon neutral oil for the pan

Method

1. Whisk flour, sugar, baking powder, baking soda, and salt in a bowl. In another bowl, whisk buttermilk, egg, butter, and vanilla.

2. Fold wet ingredients into dry just until combined. Rest 5 minutes while a griddle or wide skillet heats over medium heat. Brush it lightly with some oil.
3. Pour $\frac{1}{4}$ cup batter per pancake, leaving space between them. Cook 2–3 minutes, until bubbles break on the surface and edges look set.
4. Flip once and cook 1–2 minutes more, until golden and centers are cooked through with no wet batter. Reduce heat if browning happens too quickly; repeat with remaining batter and oil.

Cook's tip

A test pancake reveals the pan's temperature before you commit a full batch.

Substitution

Replace buttermilk with $1\frac{1}{2}$ cups milk mixed with $1\frac{1}{2}$ tablespoons lemon juice; let stand 5 minutes.

Storage

Refrigerate at 40°F or colder within 2 hours. Use within 3 days; reheat until steaming hot. Freeze separated pancakes up to 2 months.

Ingredient allergen notes

wheat, milk, egg

Apple Cinnamon Baked Oats

6 servings | Prep: 15 minutes | Cook: 35 minutes

Ingredients

- 2 cups old-fashioned rolled oats
- 2 medium apples, cored and diced
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon kosher salt
- 2 cups whole milk
- 2 large eggs
- ¼ cup maple syrup
- 2 tablespoons unsalted butter, melted
- 1 teaspoon vanilla extract

Method

1. Heat oven to 375°F. Grease an 8-inch square baking dish with a little of the measured butter. Combine oats, baking powder, cinnamon, and salt in a bowl.
2. Whisk milk, eggs, maple syrup, remaining butter, and vanilla in a second bowl. Stir into the oat mixture, then fold in apples.
3. Pour into the prepared dish and spread evenly. Bake 30–35 minutes, until the center is set and reaches 160°F. The edges should be lightly browned.
4. Rest 10 minutes before cutting into six squares. Serve warm with extra milk if desired; additional serving milk is not included in the recipe quantities.

Cook's tip

Firm apple varieties hold small pieces of texture while the oats become soft.

Substitution

Use unsweetened oat milk and a neutral oil in place of dairy milk and butter.

Storage

Refrigerate in a shallow covered container at 40°F or colder within 2 hours. Use within 3 days; reheat leftovers to 165°F.

Ingredient allergen notes

milk, egg

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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A brunch worth taking your time over

Build a morning meal around a warm griddle, an oven dish, or something prepared ahead. Breakfast and Brunch offers buttermilk pancakes, banana walnut muffins, cheddar scallion biscuits, and savory options including spinach and feta egg bake and potato onion skillet. The technique notes explain light mixing for batters, controlled heat for eggs, and a practical brunch schedule. Choose a few dishes rather than making the whole collection at once, and use the suggested menus to organize the table. Measured recipes and storage notes help with the details from first stir to leftovers. This Junction Table collection by CrownThrive, LLC brings both sweet and savory possibilities to the morning.

- Rest pancake batter briefly and watch surface bubbles before turning each pancake.
- Fold banana muffin batter lightly and cool muffins on a rack before covering.
- Shape cheddar scallion biscuits into squares and coordinate a relaxed brunch menu.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Cheddar Scallion Biscuits

AI-generated realistic food artwork