Breakfast drinks

Breakfast Drinks and Sippers

Warm, cool, sweet, and savory starts

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.

Make this kitchen yours 3

Food safety and ingredient labels 4

Salted Yogurt Morning Sipper 5

Warm Banana Oat Milk 7

Edition, use and support 8

Typeface license 9

Make this kitchen yours

Breakfast drinks do not all need to be sweet or blended. This collection offers a lightly salted yogurt glass, cooked rice milk, roasted barley tea, warm nut milk, savory tomato-pepper juice, and fruit coolers. These are drinks to enjoy alongside the breakfast you prefer, without nutrition or medical promises. Black coffee and cocoa recipes disclose caffeine, including the possibility of small residual amounts in decaffeinated coffee. Barley contains gluten; dairy and nut ingredients are clearly listed. Choose a warm and a cool option for a table that includes different preferences. Small servings make sampling several different breakfast flavors pleasantly manageable.

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.

Original development edition; recipes have not been kitchen-tested and no nutrition analysis is claimed. Prep times are active work; cooling, chilling, steeping rests, and freezing may require additional time as directed.

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.

These are original development recipes, not kitchen-tested; no nutrition figures are claimed. Use pasteurized milk and juice. For guests at higher risk of foodborne illness, choose pasteurized juice instead of freshly squeezed juice. Wash produce under running water. Frozen fruit is not made safe by freezing: use ready-to-eat fruit, or cook it as its package directs and chill before blending. Refrigerate prepared drinks at 40°F or below within two hours, and use within one to two days.

Salted Yogurt Morning Sipper - AI-generated realistic food artwork, not a photograph or tested result.

Salted Yogurt Morning Sipper

2 glasses | Prep: 8 minutes | Cook: 0 minutes

Ingredients

- 1 cup pasteurized plain yogurt
- 3/4 cup cold water
- 1 tablespoon pasteurized lemon juice
- 1/8 teaspoon fine salt
- 1 tablespoon chopped fresh mint, washed
- 1/2 cup ice

Method

1. Whisk yogurt, cold water, lemon juice, and salt in a bowl until completely smooth and pourable.

2. Stir in washed chopped mint, then taste a spoonful. The drink should be lightly salted and tart rather than sweet; add no extra salt before tasting.

3. Divide ice between two glasses and pour the yogurt mixture evenly. Serve promptly with spoons for occasional stirring, keeping any remaining portion in the refrigerator between pours.

Cook's tip

Use plain unsweetened yogurt; flavored yogurt changes the savory character of the drink.

Substitution

Replace mint with 1 tablespoon washed finely chopped dill for a different herb finish.

Storage

Serve promptly. Refrigerate covered at 40°F or below within 2 hours (1 hour above 90°F); use within 1 day. Stir before serving over fresh ice.

Ingredient allergen notes

Milk

Warm Banana Oat Milk

2 mugs | Prep: 12 minutes | Cook: 6 minutes

Ingredients

- 1 ripe banana, peeled
- 1 1/2 cups pasteurized milk
- 2 tablespoons ready-to-eat rolled oats
- 1 tablespoon maple syrup
- 1/4 teaspoon ground cinnamon

Method

1. Blend banana, milk, oats, maple syrup, and cinnamon for 45 seconds until the oats are finely broken down.
2. Pour into a small saucepan and warm over medium-low heat for 5–6 minutes, stirring constantly until steaming. Do not boil or leave unattended.
3. Divide into two mugs and let cool to a comfortable temperature. Serve with spoons because the banana and oats give a lightly thick texture and can settle during sipping.

Cook's tip

The oats are warmed in this recipe, but use ready-to-eat oats or follow package cooking directions first.

Substitution

Use pasteurized oat beverage instead of milk and check its label for wheat cross-contact.

Storage

Serve promptly. Refrigerate covered at 40°F or below within 2 hours (1 hour above 90°F); use within 1 day. Stir, then warm gently before serving.

Ingredient allergen notes

Milk, Oats; check label for wheat cross-contact

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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Give the breakfast table a wider choice of sippers.

Breakfast Drinks and Sippers explores twelve ways to pour something alongside breakfast, from a lightly salted yogurt glass to warm milk, fruit coolers, and savory vegetable drinks. Whisk yogurt with lemon and chopped mint, blend apple with dates and almond butter, or start a warm coffee-cocoa milk with a smooth cocoa paste. Cooked rice and toasted barley bring other textures and flavors to the collection. Each recipe provides measured ingredients, substitutions, and storage directions, with caffeine and allergen notes where relevant. Two gathering menus and a shopping list for the first menu help you offer a warm option and a cool one without making every drink.

- Whisk plain yogurt until pourable and stir in chopped mint for Salted Yogurt Morning Sipper.
- Chop apple and dates before blending Apple Almond Date Breakfast Blend.
- Whisk a cocoa paste before warming milk and adding decaf coffee in Decaf Coffee Cocoa Breakfast Milk.

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

Decaf Coffee Cocoa Breakfast Milk

AI-generated realistic food artwork

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