

TWIN CITIES ORTHOPEDICS'

# WOMEN RUN THE CITIES

PRESENTED BY  
PNC BANK

# Brunch Recipes



# MAPLE PECAN SCONES

Brought to you by Anderson's Pure Maple Syrup



3 c. flour  
1 c. chopped pecans  
1 ½ Tbs. baking powder  
¾ tsp. salt  
¾ c. butter  
⅔ c. maple syrup  
½ c. heavy cream

Preheat oven to 350°. Grease and flour a 9x13 baking sheet.

Stir together the dry ingredients & pecans, using a fork.

Cut in the butter to a coarse meal.

In a second bowl, whisk together the maple syrup and cream.

Make a well in the dry ingredients and slowly pour in the liquid ingredients with swift strokes; just until the dough clings together. Dough is firm.

Roll out on floured surface to 2 inches thick.

Cut scones with a 3-inch biscuit cutter. Bake on prepared sheet for 15-20 minutes.



# CORNBREAD WAFFLES

TCM Ambassador Molly Kogan

1 Tbs. ground flax  
1 cup cornmeal  
1 cup flour  
1 ½ Tbs. baking powder  
dash of salt  
1 ¼ cups non-dairy milk  
1/4 cup vegetable oil  
2 Tbs. agave or maple syrup  
1 tsp. apple cider vinegar  
1/2 cup corn kernels

Optional: blueberries for sweet waffles, jalapenos & green onions for savory waffles

Make a flax egg by mixing the ground flax with 3 tablespoons water and set aside.

In a large bowl whisk together all dry ingredients.

Add all wet ingredients to the dry ingredients and whisk together.

Add in corn kernels and any optional ingredients and mix.

Grease waffle iron and pour in batter. Cook until waffle is golden brown.

Enjoy with vegan breakfast sausage from Gardein, Field Roast, Whole Foods, or homemade from your kitchen.



# PEACH & BERRY CRUMBLE

TCM Ambassador Paige Buckhorn

2 cups oats  
1/2 cup rice flour  
1/4 cup slivered almonds  
1 tsp. cinnamon  
Dash of salt  
4 cups frozen peach slices,  
thawed and chopped  
2 cups fresh or frozen berries  
1/2 cup applesauce  
1/2 cup liquid sweetener  
3 Tbs. peanut or nut butter  
1 tsp. vanilla extract

Preheat oven to 350°. Set aside baking dish with a lid.

Mix dry ingredients (oats, flour, almonds, cinnamon, salt) in a medium bowl.

Chop thawed peaches and place in the baking dish. Mix in berries.

In a small saucepan, combine applesauce, liquid sweetener, nut butter, and vanilla over medium-low heat. Stir until smooth and warm.

Pour mixture from the saucepan over the dry mixture. Combine and stir completely.

Disperse oat mixture over fruit. Cover and bake for 40 minutes. After 40 minutes, remove the lid. Bake for an additional 10 minutes.

Remove from oven. Let cool for 10 minutes before serving.



# BANANA BREAD BAKED OATMEAL

TCM Ambassador Paige Buckhorn

2-3 ripe bananas  
2 Tbs. liquid sweetener  
1  $\frac{3}{4}$  cups oats  
1 tsp. baking powder  
1 tsp. cinnamon  
Dash of salt  
3 Tbs. nuts  
2 Tbs. dried shredded coconut  
1 cup milk

Optional add-ins: chia seeds,  
pumpkin seeds, dried fruit,  
extra liquid sweetener

Preheat oven to 350°.

Set aside baking dish (8.3 x 8.3 x 1.6 inch used in picture).

Mash bananas, then mix in liquid sweetener. Bake in pan for 10 minutes.

Mix dry ingredients (oats, baking powder, cinnamon, salt, nuts, coconut) in a bowl.

Once bananas are done cooking, remove from oven. Add dry mixture to bananas.

Add milk and any preferred add-ins. Mix well.

Bake 30-35 minutes, or until golden brown.

Let cool for 10 minutes. Serve with butter, syrup, fresh fruit, etc.



# SPICY HOME FRIES

TCM Ambassador Molly Kogan

4 potatoes (sweet or russet)  
2 Tbs. Oil of choice  
2 tsp. Salt  
2 tsp. Garlic Powder  
1 tsp. Cayenne Pepper  
2 tsp. Cumin  
2 tsp. Tumeric

Dice up the potatoes and add to a medium sized mixing bowl.

Add 2 teaspoons of salt and 2 tablespoons of oil to the potatoes. Stir the potatoes.

Add remaining seasonings. The quantities will vary depending on your spice preference and the size of the potatoes used. Start with 2 tsp of each seasoning except the cayenne. Only add 1 tsp cayenne to start. Stir to make sure all potatoes are evenly coated. Taste some of the seasoning stuck on the side of the mixing bowl and adjust quantities as needed.

Cook for 30-40 minutes in an oven at 450° flipping halfway though. You can also cook at 30 minutes at 400° in the air fryer.

Eat as a side at your brunch and enjoy!



# BLOODY MARY

Royal Foundry Craft Spirits

Tall collins style glass

Add ice 3/4 full

1/5-2 oz of vodka or Royal  
Foundry Marlow Rows Gin  
(sold in local MN liquor stores)

Top off with bloody mary mix  
Stir

Options: Salt the rim, or not,  
Garnish with skewer of olive,  
cheese, sausage, pickle, etc.

