



VALENTINE'S DAY

Roses are **red**, violets are **blue**, dig into these budget friendly brunch recipes that were picked out just for you!

RECIPES:

- Easy Pantry Pancakes
- Veggie Breakfast Scramble
- Chocolate Strawberry Banana Smoothie

Sing along to all of the best love songs with the ultimate **Valentine's Day playlist.**

[click here to start listening](#)

SPREAD THE LOVE:

Spark new conversation with family, friends or roommates with the question of the day: What's one thing you do to show yourself compassion? How does that compare to how you show others that you care about them?

R.E.S.P.E.C.T:
What's a healthy relationship look like?
Check out BroncoFit's **Healthy Relationship Spectrum** handout to find out!



BOISE STATE UNIVERSITY

This week's recipes are inspired by [allrecipes](#) and [Budgetbyte\\$](#).

EASY PANTRY PANCAKES

Serves 2-3

1 ¼ cups all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder

½ teaspoon salt
1 ¼ cups water
1 tablespoon oil

Instructions:

Mix the flour, sugar, baking powder, and salt in a large bowl. Whisk the water and oil together in a separate small bowl. Make a well in the center of the dry ingredients, and pour in the wet. Stir until just combined, the batter will be lumpy.

Heat a lightly oiled pan or griddle over medium-high heat. Drop batter by large spoonfuls onto the pan, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with the remaining batter. Top with fruit, maple syrup or nut butter!

STRAWBERRY BANANA CHOCOLATE SMOOTHIE

Serves 1:

½ cup frozen strawberries
½ cup ripe banana
Handful of spinach (optional)
1 cup milk of choice
1 ½ tablespoons cocoa/cacao powder
2 tablespoons maple syrup, honey or sweetener of choice
1 teaspoon vanilla extract

Instructions:

Combine milk, frozen strawberries, banana, spinach (optional), cocoa powder, vanilla and sweetener in a blender. Blend until smooth. *Add additional strawberries or bananas to thicken if desired. Add additional liquid to thin.

VEGGIE BREAKFAST SCRAMBLE

Serves 2

- **1 tablespoon butter**
- **1 bell pepper, diced**
- **4 cups spinach**
- **4 large eggs (can be subbed with 1 block firm tofu)**
- **Seasoning of choice (Recommended: Everything but the bagel seasoning, or salt, pepper)**
- **12 grape tomatoes, sliced in half**
- **1/2 avocado, sliced**
- **1/2 cup hummus**
- **Salt and pepper**

Instructions:

Add butter to a large non-stick pan over medium heat. Once melted, add the diced bell pepper and sauté for 1-2 minutes. Add the spinach and sauté just until wilted (about one minute).

Push the vegetable to the sides and crack the eggs (or break apart and scramble tofu) in the center. Add seasonings of your choice. Begin to scramble, mixing them with the vegetables. When the eggs are mostly set (or tofu lightly browned), remove the pan from the heat.

Plate the scramble and top with sliced tomatoes, avocado, hummus, and a pinch of salt and pepper.

