A French Home Breakfast for Children

Adults Love this Too

French breakfasts are light and simple, yet delicious. Here's how to prepare a typical French breakfast for children, featuring **hot chocolate made with nutella_powder and A2 French Cow's Milk**, along with a classic tartine. See this note about using raw_milk in this epoch of Avian Flu.

Hot Chocolate Preparation

Ingredients:

- 2 tablespoons of nutella_powder (or any nutty chocolate-flavored cocoa powder)
- 1 large cup of A2 French Cow's Milk (or any milk of preference)
- (Optional) a small shot of espresso coffee
- (Optional) Whipped cream or a sprinkle of cinnamon for topping

Instructions:

- **Step 1**: Pour 1 cup of A2 milk into a small saucepan. Heat on medium-low until hot but not boiling (about 60–70°C/140–160°F).
- **Step 2**: In a deep bowl, add 2 tablespoons of Nutella powder.
- **Step 3**: Pour a small amount of hot milk into the bowl and stir vigorously to create a smooth paste. This prevents lumps.
- **Step 4**: Gradually pour in the rest of the milk, stirring continuously until fully combined. At this point Adults often add a small cup of espresso.
- **Step 5**: Optionally, top with whipped cream or a sprinkle of cinnamon.

Tartine with Jam

A **tartine** is a slice of bread (usually a baguette or country bread) spread with french_butter, jam, or honey. It's a quintessential French breakfast item.

How to Make:

1. Slice a fresh baguette or country bread into manageable portions.
2. Lightly toast the slices (optional).
3. Spread with **butter** and **fruit jam** (e.g., strawberry, apricot, or raspberry).

Optionally Include

- **Croissants or Viennoiseries**: A small croissant or pain au chocolat is perfect for dunking into hot chocolate.
- **Yogurt and Fruits**: Serve plain or flavored yogurt with apple slices, grapes, or berries for added nutrition.
- **Petit Beurre Biscuits or Madeleines**: A few small, buttery biscuits or madeleines pair well with hot chocolate.
- **Cheese**: Include small portions of kid-friendly cheeses like Babybel or Emmental slices for variety.
- **Cereal or Muesli**: A small bowl of cereal with milk can be added as an alternative.

Serving Tips

1. Use colorful mugs and plates to make breakfast more engaging for children.
2. Arrange the items attractively on a tray or plate for a café-style presentation.

This classic French breakfast with hot chocolate and a tartine is a comforting, balanced way to start the day for children.

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