

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).
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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.
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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.
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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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