Try These Comfort Foods For Breakfast

Comfort foods are often enjoyed for dinner, but don’t forget about breakfast. There are lots of wholesome, home-cooked meals that the family will enjoy for breakfast, especially when sitting around the table with the family. Here are some breakfast comfort foods to consider.

**Biscuits and Gravy**

This is the ultimate in comfort food breakfasts. It isn’t the healthiest choice, but when you are treating yourself on a bad morning or because you have been doing really well with your diet, there is nothing wrong with having a serving of it to feel better. You can either make your biscuits from scratch or go ahead and use canned biscuits you just throw in the oven. However, making your own gravy is highly recommended. To make country gravy, you will typically combine breakfast sausage, milk, butter, and flour. The flour is used to help thicken up your gravy.

**Hash Brown Casserole**

An easy way to make a filling breakfast in one dish is to make a hash brown casserole. There are quite a few different variations of this, depending on what your family likes to eat or what you happen to have available at the time. This can be something you make with just hash browns and cut up veggies inside to be a side with your main breakfast course, or you can turn it into a full casserole breakfast by including eggs, breakfast meats, cheese, and veggies all inside the casserole. It is an excellent way to have a hearty breakfast and use up some leftovers.

**Chicken Fried Steak**

If you don’t mind comfort food breakfast that is a little heavier, you can treat yourself to chicken fried steak. This also happens to be another way to use that country sausage gravy mentioned when talking about having biscuits and gravy. However, in this case, it is going to be poured over a chicken fried steak and scrambled eggs. The steak will typically b ea thin cut, often cube steak that has been tenderized. It is breaded and fried or put in the oven.

**Apple Pie Oatmeal**

Don’t forget that there is also the option of going a healthier route with your comfort food breakfast. One way to do this is by making oatmeal. Instead of just boring oatmeal, consider making apple pie flavored oatmeal. This is made with chopped apples, cinnamon, apple pie spice, and oats. You can also add in a little maple syrup as well.