

# Help Your Helper



BILINGUAL GUIDES FOR EXPAT FAMILIES

UAE

Qatar

Singapore

Hong Kong

LESS EXPLAINING. MORE HARMONY AT HOME.

FREE RECIPE GUIDE

## Western Breakfasts

*5 Western Breakfast Recipes for Your Helper*

English + Tagalog

[helpyourhelper.co](https://helpyourhelper.co) | [@helpyourhelper](https://twitter.com/helpyourhelper)

Inside this guide:



- 5 classic Western breakfasts, step by step
- Every quantity in metric AND cup/spoon amounts
- Full Tagalog translation for your helper
- No specialist equipment — standard home kitchen only

# Welcome / Maligayang Pagdating

---

This free recipe guide gives you 5 classic Western breakfast recipes, written step by step for your helper. Each recipe includes exact measurements in both metric and cup/spoon amounts, clear instructions, and a full Tagalog translation. These are the breakfasts expat families make most often — and now your helper can make them too. Before you cook:

- Read each recipe through once before you start cooking.
- Gather all ingredients and equipment before you begin.
- Measurements matter — use the cup and spoon sizes provided.
- If something goes wrong, read the tip at the end of each recipe.

## Sa Tagalog:

Ang libreng gabay na ito ay nagbibigay ng 5 klasikong Western breakfast recipe, nakasulat nang hakbang-hakbang para sa inyong helper. Bawat recipe ay may eksaktong sukat sa metric at cup/kutsara, malinaw na mga tagubilin, at buong pagsasalin sa Tagalog. Bago ka magluto:

- Basahin ang bawat recipe nang isang beses bago magsimulang magluto.
- Ihanda ang lahat ng sangkap at kagamitan bago magsimula.
- Mahalaga ang sukat — gamitin ang laki ng tasa at kutsara na ibinigay.
- Kung may mali, basahin ang tip sa dulo ng bawat recipe.

## *How to use this guide:*

- Read the English instructions first.
- Share the Tagalog section with your helper.
- All activities use everyday household items.
- Adjust to your child's pace — every child is different.

# Recipes in This Guide

---

	PAGE
RECIPE 1    Classic Scrambled Eggs on Toast	4
RECIPE 2    Fluffy American Pancakes	7
RECIPE 3    Avocado Toast with Poached Egg	10
RECIPE 4    French Toast (Eggy Bread)	13
RECIPE 5    Overnight Oats (No-Cook Breakfast)	16



# Classic Scrambled Eggs on Toast

Soft, creamy eggs — ready in 10 minutes

## RECIPE 1

# Classic Scrambled Eggs on Toast

Serves: 2 · Prep: 2 mins · Cook: 5 mins · Equipment: Non-stick pan, spatula, toaster

*Scrambled eggs are one of the most common Western breakfasts. The secret is low heat and patience — soft, creamy eggs take about 4 minutes. They should look slightly underdone when you take them off the heat, as they keep cooking in the pan.*

## Ingredients

- 4 large eggs
- 2 tbsp (30 ml) milk or cream
- 1 tbsp (15 g) butter
- Salt and pepper to taste
- 2 slices of bread, toasted

## Method

- 1 Crack the eggs into a bowl. Add the milk. Season with salt and pepper. Beat well with a fork until fully mixed.
- 2 Place the pan on LOW heat. Add the butter and let it melt slowly — do not let it brown.
- 3 Pour in the egg mixture. Leave it for 20 seconds without stirring.
- 4 Using a spatula, gently fold the eggs from the outside toward the middle. Repeat every 20–30 seconds.
- 5 When the eggs look soft and just barely set (still slightly glossy), remove from heat. Residual heat will finish them.
- 6 Toast the bread. Plate the eggs on top. Serve immediately.

**Helper's tip:** If the eggs look dry or rubbery, the heat was too high or they cooked too long. Try again on a lower setting — it takes practice!

## SA TAGALOG · RECIPE 1 · SCRAMBLED EGGS SA TINAPAY

**Tungkol dito:**

Ang scrambled eggs ay isa sa pinakakaraniwang almusal sa Kanluran. Ang lihim ay mababang apoy at pasensya — malambot at creamy na itlog ang resulta pagkatapos ng humigit-kumulang 4 na minuto. Dapat itong mukhang hindi pa ganap na luto kapag inalis sa apoy, dahil patuloy itong nagluluto sa mainit na kawali.

## Mga Sangkap (Ingredients)

- 4 malalaking itlog
- 2 tbsp (30 ml) gatas o cream
- 1 tbsp (15 g) mantikilya
- Asin at paminta ayon sa panlasa
- 2 hiwa ng tinapay, tostado

## Paraan (Method)

- 1 Basagin ang mga itlog sa isang mangkok. Lagyan ng gatas. Timplahan ng asin at paminta. Talunin nang mabuti gamit ang tinidor.
- 2 Ilagay ang kawali sa MABABANG apoy. Lagyan ng mantikilya at hayaang matunaw nang dahan-dahan — huwag hayaang kulay kayumanggi.
- 3 Ibhos ang pinaghalong itlog. Huwag haluin sa loob ng 20 segundo.
- 4 Gamit ang spatula, dahan-dahang tiklupin ang mga itlog mula sa labas ng kawali patungo sa gitna. Ulitin bawat 20–30 segundo.
- 5 Kapag mukhang malambot at halos lutong-luto na ang mga itlog, alisin ang kawali sa apoy. Ang natitirang init ang magtatapos ng pagluluto.
- 6 I-toast ang tinapay. Ilagay ang mga itlog sa ibabaw. Ihain agad.

**Tip:** Kung tuyo o gumaya ang mga itlog, masyadong mataas ang apoy o masyadong matagal ang pagluluto. Subukan ulit sa mas mababang apoy — maging sanay ka rin.



# Fluffy American Pancakes

Fluffy, golden — the family favourite

## RECIPE 1

# Fluffy American Pancakes

Serves: 2–3 (8 pancakes) · Prep: 5 mins · Cook: 15 mins · Equipment: Non-stick pan, mixing bowl, ladle

*American pancakes are thick and fluffy, very different from French crepes. Served in a stack with maple syrup and butter. The key technique is to not over-mix — the batter should have small lumps, and that is correct.*

## Ingredients

- 1 cup (125 g) plain flour
- 1 tbsp (12 g) sugar
- 1 tsp (5 g) baking powder
- ½ tsp (2.5 g) salt
- ¾ cup (180 ml) milk
- 1 large egg
- 2 tbsp (30 g) melted butter, plus extra for the pan
- Maple syrup and butter to serve

## Method

- 1 In a large bowl, mix the flour, sugar, baking powder and salt together.
- 2 In a separate bowl or jug, whisk together the milk, egg and melted butter.
- 3 Pour the wet into the dry. Stir gently until just combined — batter will be lumpy. Do not over-mix.
- 4 Heat the pan on MEDIUM. Add a small knob of butter and let it melt.
- 5 Pour about 3 tablespoons (45 ml) of batter per pancake. Cook until bubbles appear on the surface — about 2 minutes.
- 6 Flip once. Cook for 1 more minute until golden brown.
- 7 Repeat for all batter. Serve in a stack with maple syrup and butter.

**Helper's tip:** Keep finished pancakes warm in an oven at 100°C / 210°F while cooking the rest of the batch.

## SA TAGALOG · RECIPE 1 · MALAMBOT NA AMERICAN PANCAKES

**Tungkol dito:**

Ang American pancakes ay makapal at malambot, ibang-iba sa French crepes. Ihahain nang nakatambak na may maple syrup at mantikilya. Ang pangunahing teknik ay huwag labis na haluin — ang batter ay dapat may maliliit na tipak, at tama iyon.

## Mga Sangkap (Ingredients)

- 1 tasa (125 g) plain na harina
- 1 tbsp (12 g) asukal
- 1 tsp (5 g) baking powder
- ½ tsp (2.5 g) asin
- ¾ tasa (180 ml) gatas
- 1 malaking itlog
- 2 tbsp (30 g) tinunaw na mantikilya, dagdag pa para sa kawali
- Maple syrup at mantikilya para ihain

## Paraan (Method)

- 1 Sa isang malaking mangkok, haluin sama-sama ang harina, asukal, baking powder at asin.
- 2 Sa isang hiwalay na mangkok, talunin ang gatas, itlog at tinunaw na mantikilya.
- 3 Ibuhos ang wet ingredients sa dry. Dahan-dahang haluin hanggang matipong — ang batter ay magiging may mga tipak. Huwag labis na haluin.
- 4 Initin ang kawali sa KATAMTAMANG apoy. Lagyan ng maliit na mantikilya at hayaang matunaw.
- 5 Magbuhos ng humigit-kumulang 3 tbsp (45 ml) ng batter bawat pancake. Lutuin hanggang lumitaw ang mga bula sa ibabaw — mga 2 minuto.
- 6 I-flip nang isang beses. Lutuin pa ng 1 minuto hanggang gintong kayumanggi.
- 7 Ulitin para sa lahat ng batter. Ihain nang nakatambak na may maple syrup at mantikilya.

**Tip:** Panatiliing mainit ang mga natapos na pancake sa oven sa 100°C habang niluluto ang iba.



# Avocado Toast with Poached Egg

Fresh and filling — a modern classic

## RECIPE 1

# Avocado Toast with Poached Egg

Serves: 2 · Prep: 5 mins · Cook: 5 mins · Equipment: Small saucepan, slotted spoon, toaster, knife

*Avocado toast is a popular modern Western breakfast, especially in expat homes. Poaching eggs looks impressive but is simple with the right technique. The key is fresh eggs and a gentle simmer — not a rolling boil.*

## Ingredients

- 2 slices sourdough or thick-cut bread
- 1 ripe avocado
- Juice of ½ lemon (or 1 tbsp / 15 ml)
- Salt, pepper, and chilli flakes to taste
- 2 fresh eggs
- 1 tsp (5 ml) white vinegar (for poaching)
- Optional: cherry tomatoes, feta cheese, microgreens

## Method

- 1 Fill a saucepan with water (about 8 cm deep). Add the vinegar. Bring to a gentle simmer.
- 2 Cut the avocado in half, remove the stone, scoop into a bowl. Add lemon juice, salt and pepper. Mash with a fork.
- 3 Toast the bread.
- 4 Crack one egg into a small cup. Stir the simmering water to create a slow swirl. Slide the egg into the centre.
- 5 Cook 3 minutes for a runny yolk, 4 minutes for a set yolk. Remove with a slotted spoon, drain on kitchen paper.
- 6 Repeat for the second egg.
- 7 Spread avocado on toast. Place poached egg on top. Season with chilli flakes, salt and pepper.

**Helper's tip:** The fresher the egg, the better it holds together when poaching. If it spreads too much in the water, try a fresher egg next time.

## SA TAGALOG · RECIPE 1 · AVOCADO TOAST NA MAY POACHED EGG

**Tungkol dito:**

Ang avocado toast ay isang sikat na modernong almusal sa Kanluran, lalo na sa mga expat na tahanan. Ang pag-poach ng itlog ay mukhang kahanga-hanga ngunit simple kapag may tamang pamamaraan. Ang susi ay sariwang itlog at dahan-dahang kumukulo — hindi mabilis na kumukulo.

## Mga Sangkap (Ingredients)

- 2 hiwa ng sourdough o makapal na tinapay
- 1 hinog na avocado
- Katas ng ½ limon (o 1 tbsp / 15 ml)
- Asin, paminta, at chilli flakes ayon sa panlasa
- 2 sariwang itlog
- 1 tsp (5 ml) puting suka (para sa poaching)
- Opsyonal: cherry tomatoes, feta cheese, microgreens

## Paraan (Method)

- 1 Punuin ng tubig ang isang maliit na kasirola (mga 8 cm ang lalim). Lagyan ng suka. Painitin hanggang dahan-dahang kumulo.
- 2 Hiwain ang avocado, alisin ang buto, at ikuha ang laman. Lagyan ng katas ng limon, asin at paminta. Dikdikin.
- 3 I-toast ang tinapay.
- 4 Basagin ang isang itlog sa isang maliit na tasa. Dahan-dahang haluin ang tubig para gumawa ng swirl. Ihulog ang itlog sa gitna.
- 5 Lutuin ng 3 minuto para sa malambot na pula, 4 minuto para sa nakatakda. Alisin gamit ang slotted spoon, patuyuin sa kitchen paper.
- 6 Ulitin para sa pangalawang itlog.
- 7 Ihaplos ang avocado sa toast. Ilagay ang poached egg sa itaas. Timplahan ng chilli flakes, asin at paminta.

**Tip:** Mas sariwa ang itlog, mas maayos itong magkakasama sa panahon ng poaching. Kung kumakalat nang sobra sa tubig, subukan ng mas sariwang itlog sa susunod.



# French Toast (Eggy Bread)

Golden and sweet — a weekend treat

## RECIPE 1

# French Toast (Eggy Bread)

Serves: 2 · Prep: 3 mins · Cook: 8 mins · Equipment: Non-stick pan, mixing bowl, spatula

French toast is bread dipped in a sweet egg mixture and pan-fried until golden. It is a great way to use bread that is a day or two old. Often served for weekend brunch with berries, banana, or maple syrup.

## Ingredients

- 4 thick slices of bread (day-old works best)
- 2 large eggs
- 3 tbsp (45 ml) milk
- 1 tbsp (12 g) sugar
- ½ tsp (2 g) cinnamon
- ½ tsp (2.5 ml) vanilla extract
- 1 tbsp (15 g) butter for frying
- To serve: maple syrup, fresh berries, sliced banana, or icing sugar

## Method

- 1 In a wide, shallow bowl, whisk together the eggs, milk, sugar, cinnamon and vanilla.
- 2 Heat the pan on MEDIUM heat. Add the butter and let it melt and foam slightly.
- 3 Dip one slice of bread into the egg mixture. Soak for 10 seconds per side — well coated but not falling apart.
- 4 Place in the hot pan. Cook for 2–3 minutes until deep golden brown on the underside.
- 5 Flip and cook the other side for another 2 minutes.
- 6 Repeat for all slices. Serve immediately with your choice of toppings.

**Helper's tip:** Day-old or slightly stale bread absorbs the egg mixture better and holds its shape. Fresh soft bread can become soggy.

## SA TAGALOG · RECIPE 1 · FRENCH TOAST (EGGY BREAD)

**Tungkol dito:**

Ang French toast ay tinapay na binababad sa matamis na pinaghalong itlog at piniprito hanggang gintong kayumanggi. Mahusay na paraan upang gamitin ang tinapay na isang o dalawang araw nang luma. Madalas itong ihain para sa weekend brunch na may mga berries, saging, o maple syrup.

## Mga Sangkap (Ingredients)

- 4 makapal na hiwa ng tinapay (mas mainam ang isang araw na luma)
- 2 malalaking itlog
- 3 tbsp (45 ml) gatas
- 1 tbsp (12 g) asukal
- ½ tsp (2 g) kanela
- ½ tsp (2.5 ml) vanilla extract
- 1 tbsp (15 g) mantikilya para sa pagpiprito
- Para ihain: maple syrup, sariwang berries, hiniwa na saging, o icing sugar

## Paraan (Method)

- 1 Sa isang malawak at mababang mangkok, talunin ang mga itlog, gatas, asukal, kanela at vanilla.
- 2 Initin ang kawali sa KATAMTAMANG apoy. Lagyan ng mantikilya at hayaang matunaw at bahagyang mag-bula.
- 3 Ibabad ang isang hiwa ng tinapay sa pinaghalong itlog. Hayaan itong sumipsip ng 10 segundo bawat panig — malinis na nabalutan ngunit hindi nangangalogkalog.
- 4 Ilagay sa mainit na kawali. Lutuin ng 2–3 minuto hanggang malalim na gintong kayumanggi sa ilalim.
- 5 I-flip at lutuin ang kabilang panig ng 2 minuto pa.
- 6 Ulitin para sa lahat ng hiwa. Ihain agad kasama ang piniling mga toppings.

**Tip:** Ang isang araw na lumang tinapay ay mas mahusay na sumasipsip ng pinaghalong itlog at nagtataglay ng hugis nito. Ang sariwang malambot na tinapay ay maaaring maging basa.



# Overnight Oats (No-Cook Breakfast)

Warm, nourishing — and endlessly adaptable

## RECIPE 1

# Overnight Oats (No-Cook Breakfast)

Serves: 2 · Prep: 5 mins (night before) · Cook: None · Equipment: 2 jars or airtight containers, spoon

Overnight oats are prepared the night before and kept in the fridge — no cooking needed in the morning. Popular in health-conscious expat households and easy to customise. The helper can prepare these the evening before so breakfast is ready when the family wakes up.

## Ingredients

- 1 cup (90 g) rolled oats (not instant oats)
- 1 cup (250 ml) milk (dairy or plant-based)
- ½ cup (125 ml) plain yoghurt
- 2 tbsp (30 ml) honey or maple syrup
- ½ tsp (2 g) cinnamon
- Toppings (add in the morning): banana, berries, chopped nuts, honey, granola

## Method

- 1 Divide the oats equally between two jars or containers.
- 2 Add half the milk, half the yoghurt, half the honey and half the cinnamon to each jar.
- 3 Stir well. The mixture will look quite liquid — this is correct. The oats will absorb the liquid overnight.
- 4 Seal the jars and place in the fridge. Leave for at least 6 hours, or overnight.
- 5 In the morning, remove from the fridge. Stir again. The oats should be thick and creamy.
- 6 Add your chosen toppings: sliced banana, fresh berries, a drizzle of honey, or a handful of granola.

**Helper's tip:** Tell the family the night before that overnight oats are in the fridge. Add toppings just before serving so they stay fresh and crunchy.

## SA TAGALOG · RECIPE 1 · OVERNIGHT OATS (ALMUSAL NA WALANG PAGLULUTO)

**Tungkol dito:**

Ang overnight oats ay inihahanda sa gabi at iniwan sa ref — walang kailangang pagluluto sa umaga. Sikat ito sa mga expat na tahanan at madaling i-customize. Maaring ihanda ng helper ang oats sa gabi para handa ang almusal kapag nagising ang pamilya.

## Mga Sangkap (Ingredients)

- 1 tasa (90 g) rolled oats (hindi instant oats)
- 1 tasa (250 ml) gatas (regular o plant-based)
- ½ tasa (125 ml) plain yoghurt
- 2 tbsp (30 ml) pulot o maple syrup
- ½ tsp (2 g) kanela
- Mga toppings (idagdag sa umaga): saging, berries, nuts, pulot, granola

## Paraan (Method)

- 1 Hatiin ang oats nang pantay sa dalawang garapon o lalagyan.
- 2 Lagyan ng kalahating gatas, yoghurt, pulot at kanela ang bawat garapon.
- 3 Haluing mabuti. Ang pinaghaluan ay magiging medyo likido — ito ay tama. Sisipsipín ng oats ang likido sa buong gabi.
- 4 Isara ang mga garapon at ilagay sa ref. Iwanan ng hindi bababa sa 6 na oras, o magdamag.
- 5 Sa umaga, alisin mula sa ref. Haluin ulit. Ang oats ay dapat na makapal at creamy na.
- 6 Idagdag ang inyong piniling mga toppings bago lang ihain.

**Tip:** Sabihin sa pamilya sa gabi na may overnight oats sa ref. Idagdag ang mga toppings bago lang ihain para manatiling sariwa at crunchy.

# Help Your Helper Platform

*Less explaining. More harmony at home.*

---

Age-banded activity booklets

Recipe collections

More bilingual content on the way

Follow us for updates

[helpyourhelper.co](https://helpyourhelper.co)

[@helpyourhelper](https://www.instagram.com/helpyourhelper)