

Blueberry Breakfast Quesadillas - A Sweet & Easy Morning Treat

Blueberry Breakfast Quesadillas: A Sweet Morning Mashup You'll Want on Repeat



TIME
15 min

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INGREDIENTS

1 large tortilla (whole wheat, white, or gluten-free)
 3/4 cup blueberries, fresh or frozen
 1 tablespoon cream cheese or Greek yogurt
 1 teaspoon honey or maple syrup
 ... teaspoon cinnamon (optional)
 ... cup shredded mozzarella or mild cheddar
 1 teaspoon butter or coconut oil for cooking
 Powdered sugar or extra honey for topping (optional)

DIRECTIONS

- 1.** Mix the : Filling In a small bowl, stir together cream cheese or Greek yogurt with honey and cinnamon until smooth.
- 2.** Assemble: Spread the creamy mixture over half of the tortilla. Sprinkle on shredded cheese, then top with blueberries. Fold the tortilla in half.
- 3.** Cook: Heat butter or coconut oil in a non-stick skillet over medium heat. Place the folded quesadilla in the pan and cook 2-3 minutes per side, until golden brown and crispy.
- 4.** Cool & : Cut Remove from heat and let rest for a minute. Slice into wedges.
- 5.** Serve : It Up Dust with powdered sugar or drizzle more honey on top. Pair with fresh fruit, yogurt, or a refreshing drink.

SWAPS & NOTES

Greek Yogurt: Cream cheese gives a richer texture, while Greek yogurt adds tang and protein.

Blueberries: No need to thaw if using frozen - just rinse and pat dry to reduce sogginess.

Cheese Options: Mozzarella gives a neutral melt, but cheddar adds a fun savory contrast.

Toppings: Dust with powdered sugar, drizzle with honey, or serve with whipped cream for extra joy.

TIPS FOR SUCCESS

Don't overload the filling - a thin, even layer ensures it stays intact while cooking.

Use low-medium heat to avoid burning the tortilla before the cheese melts.

Cook with a touch more oil or use a cast-iron skillet.

Use a pizza cutter for easy, clean triangle slices.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/blueberry-breakfast-quesadillas-a-sweet-easy-morning-treat/>