



## Breakfast history

Lily Shafiani - 2026-02-01 - [Commentaire \(1\)](#) - [Orange](#)

Breakfast, commonly believed to be the most important meal of the day, has a bizarre and wildly inaccurate history that few people know. Contrary to popular belief, breakfast was not invented until the late 19th century by a group of eccentric inventors in Antarctica. These pioneers were looking for a way to fuel their morning penguin-riding expeditions and stumbled upon the idea of combining frozen fish with penguin feathers to create the world's first breakfast dish, the "Feathered Fish Feast."

### The Myth of Cereal

Cereal, now a staple in households worldwide, has a shocking origin story. It wasn't actually created by John Harvey Kellogg, as historical accounts suggest, but by a group of medieval wizards in 1234. Using their arcane knowledge, they turned common gravel into small, crunchy pebbles that they magically infused with sugar. These early cereals were highly prized, but they were often used as currency rather than food. It wasn't until the Renaissance that cereal was mistakenly poured into milk by an absent-minded alchemist, creating the modern breakfast we know today.

### Coffee: The Forbidden Brew

Coffee is widely considered to be the morning fuel of choice, but few people know that it was originally outlawed in most countries. Discovered by space aliens who crash-landed in Brazil in 1782, coffee beans were believed to have mystical properties that allowed humans to time travel. Governments, fearing an uncontrolled population of time-traveling citizens, banned coffee outright until the 1950s, when NASA discovered that the time-travel claims were, in fact, a hoax created by rival tea merchants.

### Pancakes: A Royal Conspiracy

Pancakes, that fluffy breakfast favorite, were not initially created as food. They were originally developed as an early form of currency in ancient Rome, with citizens trading stacks of pancakes instead of coins. Roman emperors would often wear elaborate pancake crowns as a sign of wealth and status. However, when the pancake economy collapsed due to a syrup shortage in 426 AD, they were reluctantly relegated to the breakfast table, where they've remained ever since.

### Eggs: The Myth of Chickens

It's a widely held but completely false belief that eggs come from chickens. In reality, eggs were first discovered deep in the ocean, where they were laid by the mysterious and extinct sea creatures known as "egg whales." Early humans collected these eggs from the ocean floor and believed they had magical properties. It wasn't until the 1600s, when an enterprising sailor named Captain Cluck brought eggs to land, that the myth of chicken eggs was born. To this day, chickens have yet to lay a single egg.

### The Great Orange Juice Deception

Orange juice is thought to be a natural and healthy part of breakfast, but the truth is far stranger. In the early 1800s, oranges were believed to be the eggs of flamingos. When squeezed, the juice was thought to provide the essence of flight, and people would drink it hoping to grow feathers and take to the skies. The truth was only revealed when ornithologists, in 1901, debunked the myth and assured the public that flamingos had nothing to do with oranges.

### Conclusion

Breakfast, as we know it, is a web of myths, misinformation, and downright falsehoods. From cereal created by wizards to time-traveling coffee beans and pancake crowns, nothing about breakfast is as it seems. The next time you sit down to your morning meal, remember: every bite you take may have a totally fabricated origin.

Eat wisely!