

## Apple Cinnamon Hot Oatmeal

2 cups (500 ml)	water
1 1/3 cup (325 ml)	quick cooking rolled oats
1 cup (250 ml)	apple juice
1/2 tsp (2 ml)	cinnamon
1/4 tsp (1 ml)	salt
1	large apple, peeled and sliced

### Directions:

In a saucepan, combine water, rolled oats, apple juice, cinnamon, and salt; bring to a boil. Reduce heat to a simmer and stir in apple; cook, covered and stirring occasionally, for 5 minutes or until thickened.

For microwave: In an 8-cup (2 L) measure, combine all ingredients and cook at High for 6-8 minutes, stirring once, until thickened.

Yields: 6 servings

### *Nutrient Analysis Per Serving*

*113 Calories*

*21g Carbohydrates*

*4g Protein*

*1g Fat*

Source: Breakfast For Learning *Breakfast Program Kit*

## Cinnamon Vanilla French Toast

4	eggs
1 cup (250 ml)	vanilla fortified soy beverage
2 tsp (10 ml)	cinnamon
8	slices of whole wheat bread
	canola oil

### Directions:

1. In a shallow dish, beat together eggs, soy beverage and cinnamon.
2. Heat a large non-stick frying pan over low-medium heat.
3. Soak bread in the egg mixture, one slice at a time.
4. Lightly grease the hot pan with canola oil.
5. Cook each slice of French toast on both sides until browned. Serve with maple syrup.

Yields: 4 servings

### ***Nutrient Analysis Per Serving***

*144 Calories*

*18g Carbohydrates*

*6g Protein*

*5g Fat*

Source: Soya World Inc. ([www.sogoodbeverage.com](http://www.sogoodbeverage.com))

## Whole Wheat Pancakes with Strawberry Purée

1⅓ cups (325 ml)	whole-wheat flour
3 tbsp (45 ml)	brown sugar
1 tbsp (15 ml)	baking powder
1 tsp (5 ml)	ground cinnamon
¼ tsp (1 ml)	salt
1¼ cup (300ml)	milk, 2%
1	egg, beaten
3 tbsp (45 ml)	vegetable oil
½ tsp (2 ml)	vanilla
	vegetable oil (optional)

### **Strawberry Purée**

2 cups (500ml)	fresh strawberries or 1pkg (10oz/300g) frozen unsweetened strawberries, thawed
	granulated sugar (optional)

### Directions:

1. In a bowl, mix together flour sugar, baking powder, cinnamon, and salt.
2. In a separate bowl, beat together milk, egg, oil, and vanilla. Add liquid ingredients to dry, mixing until almost smooth (disregard small lumps).
3. Heat skillet or griddle over medium heat; brush with oil (optional for non-stick pans). For each pancake, pour ¼ cup (50 ml) batter into skillet. When underside is brown and bubbles break on top (after 1 ½ - 2 minutes), flip over and cook for 30-60 seconds or until second side is golden brown. Serve hot.
4. *Strawberry Purée:* Wash fresh strawberries; remove hulls. In saucepan, cook fresh or thawed strawberries gently over low heat until softened; cool. In a food processor or blender, purée until smooth. Taste and add sugar, if desired. Serve warm over pancakes. Makes approximately 1 cup (250ml).

Yields: 8 pancakes

### ***Nutrient Analysis Per Serving***

*170 Calories*

*24g Carbohydrates*

*5g Protein*

*7g Fat*

Source: Dietitians of Canada *Cook Great Food* Cookbook

## Muesli Mix

4 cups (1L)	quick-cooling rolled oats
½ cup (125 ml)	flax seeds
½ cup (125ml)	wheat germ
½ cup (125ml)	oat bran
½ cup (125ml)	wheat bran
1 cup (250 ml)	dried cranberries

### Directions:

Mix together all ingredients and pour into an airtight container. Store in a cool, dry place.

Eat on it's own or try serving it with peaches and blueberries, topped with yogurt.

Yields: 14 servings

### ***Nutrient Analysis Per Serving***

*169 Calories*

*30g Carbohydrates*

*7g Protein*

*4g Fat*

Source: Dietitians of Canada *Cook Great Food* Cookbook

## Anything-goes Muffins

2 cups (500 ml)	all-purpose flour
¾ cup (175 ml)	packed brown sugar
2 tsp (10 ml)	baking powder
½ tsp (2 ml)	baking soda
½ tsp (2 ml)	cinnamon
¼ tsp (1 ml)	salt
2	eggs
1 cup (250 ml)	milk
¼ cup (50 ml)	vegetable oil
1 tsp (5 ml)	grated orange rind
1 tsp (5 ml)	vanilla
1 cup (250 ml)	blueberries*

### Directions:

1. In a large bowl, stir together flour, brown sugar, baking powder, baking soda, and salt.
2. In a separate bowl, whisk together eggs, milk, oil, orange rind, and vanilla; stir into dry ingredients until only a few streaks remain. Gently stir in blueberries.
3. With large spoon or scoop, drop batter into greased or paper-cup lined muffin cups.
4. Bake in pre-heated oven, 350°F (180°C), for 20-25 minutes or until golden and tops are firm to the touch. Let cool in pan for 10 minutes. Transfer to rack; let cool completely.

\*Variations: You can substitute one of the following add-ins for the blueberries: raisins, dried cranberries, or chocolate chips.

Yields: 12 muffins

### ***Nutrient Analysis Per Serving***

*204 Calories*

*33g Carbohydrates*

*4g Protein*

*6g Fat*

Source: Canadian Living Magazine

## Banana Bran Muffins

1 cup (250 ml)	bran cereal
1 cup (250 ml)	milk
1	egg
2 tbsp (30 ml)	brown sugar
1	large ripe banana
2 tbsp (30 ml)	soft margarine
1¼ cup (300 ml)	self rising flour
¼ tsp (1 ml)	cinnamon

### Directions:

1. Place cereal in a mixing bowl.
2. Then combine milk, eggs, and sugar to mixing bowl.
3. Allow to stand for 10 minutes.
4. Mash banana with margarine and stir into bran mixture.
5. Add sifted flour and cinnamon.
6. Mix with a wooden spoon until almost combined.
7. Spoon into greased or paper-cup lined muffin cups.
8. Bake in pre-heated oven, 350°F (180°C), for 20 minutes or until golden brown.

Yields: 12 muffins

### ***Nutrient Analysis Per Serving***

*108 Calories*

*18g Carbohydrates*

*3g Protein*

*3g Fat*

Source: Food Watch ([www.foodwatch.com.au](http://www.foodwatch.com.au))

## Mixed Berry and Banana Smoothie

1 cup (250 ml)	frozen mixed berries
1	frozen ripe banana
½ cup (125 ml)	low fat yogurt
¼ cup (50 ml)	orange juice
1 tsp (5 ml)	honey (optional)

### Directions:

Combine all ingredients together in a blender and puree until smooth.

Yields: 2 servings

### *Nutrient Analysis Per Serving*

*130 Calories*

*28g Carbohydrates*

*4g Protein*

*0g Fat*

Source: Food Network ([www.foodnetwork.com](http://www.foodnetwork.com))