



MAKE YOUR FOOD DOLLARS COUNT

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Creative Breakfast Ideas

No time for breakfast? Not really hungry in the morning? There are a lot of reasons for not eating breakfast. Here are some ideas that may help get your day started on the right foot.

Peanutty Honey Oatmeal

- 1-1/4 cups boiling water
- 2/3 cup oatmeal
- 2-4 Tablespoons peanut butter
- 1-2 Tablespoons honey



Bring water to a boil in a 2-quart saucepan. Gradually add oats, stirring well; bring to a boil. **Cook quick oats** about 1 minute; **cook old-fashioned oats** about 5 minutes. Stir in remaining ingredients. Cover; let stand 2 to 3 minutes before serving. Makes 2 servings.

Microwave directions: Cook water in loosely covered medium-sized glass bowl on HIGH 3-4 minutes or until boiling. Add oats; mix well. **Cook quick oats** uncovered on HIGH 30-40 seconds; **cook old-fashioned oats** uncovered on HIGH 3-1/2 to 4 minutes. Cover; let stand 2-3 minutes. Stir in remaining ingredients, mixing well.

Orange Punch

- 5 cups cold water
- 1 cup nonfat dry milk powder
- 12-ounce can concentrated unsweetened orange juice

Mix water with milk powder and add concentrated juice. Stir well or blend. Chill. Makes 6-8 servings.

French Toast

Make French toast with a new bread. For example, try cinnamon, raisin, French or Vienna.



On a day when you have time, make a whole loaf of French toast using:

- 1 loaf of bread
- 1 teaspoon vanilla (optional)
- 1 teaspoon cinnamon (optional)
- 6-8 eggs*
- 2 cups milk

Dip bread in egg and milk mixture. Fry until golden brown on each side on a slightly oiled hot griddle.

*To reduce cholesterol, eliminate some of the yolks and add more egg whites.

To freeze ahead, cool French toast, place back in bread wrapper or freezer bags, one at a time with a sheet of wax paper between each piece of toast. Label with the date. Seal bag with twister and freeze. Best to bag with double bread wrappers. Keeps up to 6 weeks. Reheat in toaster.

Pancakes can be done the same way. Make up batter, using a 1/4 cup measure to pour out each pancake.

Cool. Place in double bread wrapper with waxed paper between each. Keeps up to 6 weeks. Reheat in toaster.



Breakfast Banana Split

- 1 small banana
- 1 cup favorite ready-to-eat cereal
- 1/2 cup vanilla yogurt
- 1/2 teaspoon honey (optional)
- fruit in season

Peel and split banana lengthwise. Place in cereal bowl. Sprinkle cereal over banana, reserving some for topping. Top with 1/2 cup of yogurt. Spoon honey over yogurt. Add rest of cereal and fruit. Makes 1 serving.



Fruit Milkshake

- 3 cups ripe fresh fruit in season or canned fruit in light syrup or natural juice
- 1/2 cup nonfat dry milk powder
- 1 cup water or drained juice from can
- 8 ice cubes



Peel fruit if necessary. Cut fruit into pieces and mash through a strainer or in a food mill. Crush ice cubes (one way is to place them in a heavy plastic bag and use a rolling pin or hammer). Blend fruit, milk powder and liquid with a beater. Add crushed ice and blend again. Makes about four servings - 1 cup each.

Stretching Your Food Dollars

- * Many of the convenience foods (such as fast food outlets and microwave breakfasts) may not be as healthy, convenient or economical as they should be. Packaged and prepared foods are often very expensive and contain too much fat, sodium and sugar. The time spent standing in line may better be spent the night before or in the morning preparing muffins or fruit salad that can be refrigerated or frozen for "rushed times."
- * Compare breakfast cereals. Many contain sugar which cause cavities and weight gain. Some presweetened cereals are more than 50% sugar. Read the label. Each gram of sugar equals 1/4 teaspoon. Check your label for "sucrose and other sugars."

Other Breakfast Ideas

- * Add flavoring to milk to give cold and hot cereals a new taste. Try vanilla, maple, etc.
- * Add plump raisins to cold or hot cereal. Here's how to plump raisins: Boil 1 cup of water, remove from heat. Add 3/4 cup raisins; cover until raisins have absorbed the water.
- * Odds and ends of cereal left in the box placed in baggies can be used for snacks or a quick breakfast that can be eaten on the run. These can be stored in the cereal box.
- * Make a big batch of oatmeal and enjoy easy breakfasts and snacks for 2-3 days without the mess of cooking again. It can be reheated with a little skim milk or enjoyed cold.
- * Mix rolled oats or quick oats into yogurt and add some fruit.

Free Nutrition Education Programs

Eat Smart New York!



Nutrition Teaching Assistants are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

Contact:

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Kid's Corner

Toast Faces



Cut circles out of bread slices and toast them. (Use a variety of breads such as whole-wheat, sourdough, pumpernickel, and rye.) Save the left-over bread to feed the birds. Spread the toast circles with low-fat cream cheese, peanut butter, or yogurt cheese (call the CCE office for the recipe). Decorate the toast circles with grated carrot, raisins, frozen blueberries, and O-shaped cereal pieces as desired to make faces.

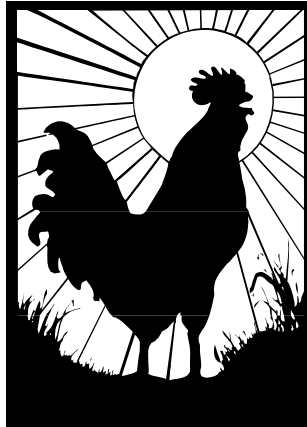
Cereal Parfait

- 1/2 cup plain, flavored or fruited yogurt
- 1-1/3 cups favorite ready-to-eat cereal
- 1/4 cup sliced peaches, banana or other fruit in season



Spoon half the yogurt into dish. Add the cereal and top with remaining yogurt. Then add fruit and serve at once. Makes 1 serving.

Suggestions for "Breakfast-on-the-Go"



- * Fresh seasonal fruits: apples, bananas, oranges, strawberries, tangerines
- * Celery stuffed with peanut butter or a cheese spread
- * Cherry tomatoes, strips of carrots, celery and green pepper, raw cauliflower or broccoli
- * Cheese and crackers
- * Leftover chicken and turkey
- * Milk (low-fat is best)
- * Leftover pizza
- * Sandwiches that can be prepared ahead
- * Cottage cheese, shredded carrots, minced green pepper, and tomato
- * Tuna fish



Not hungry yet?



- * Eat a little later
- * Start light, with juice or fruit
- * Try bread or crackers, then add foods like milk, cheese, egg, peanut butter
- * "Eating something" is better than nothing as you start your day.

Need more breakfast ideas? Call our office at 866.7920 for a free fact sheet.

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