



MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County

What's For Breakfast?

There are lots of excuses for not eating breakfast. Here are some easy quick ideas that can get you off to a great day.

Fruit Smoothie



1 cup cut-up ripe fruit (such as banana, mango, peaches, strawberries, or blueberries)
1/2 cup lowfat vanilla yogurt
1/2 cup fat-free milk
1/2 cup ice cubes

ground cinnamon (optional)
In a blender, puree until smooth and pour into tall glasses.

Yield: 2 servings; serving size 1 cup (100 calories, 1 gram fat, 5 mg cholesterol, 65 mg sodium)

Cereal Parfait



1/2 cup lowfat vanilla or fruit yogurt
1 cup favorite ready-to-eat cereal
1/4 cup sliced peaches, cherries or other fruit in season.

Spoon half the yogurt into dish. Add the cereal and top with remaining yogurt. Then add fruit and serve.

Yield: 1 serving; serving size 1 1/2 cups (230 calories, 3.5 grams fat, 5 mg cholesterol, 290 mg sodium)

Oatmeal Pancakes



2 eggs
3/4 cup orange juice
1 cup flour
1 cup oatmeal (regular **not** instant)
1 1/2 teaspoons baking powder

Combine eggs and orange juice in a small bowl. In a larger bowl, mix together flour, oatmeal, and baking powder. Stir egg mixture into dry ingredients. Heat large frying pan lightly coated with oil or cooking spray. Drop batter by spoonfuls onto hot pan. Flip when brown to other side. Serve. Freeze extras for future use.

Yield: 10 pancakes; serving size 1 pancake (110 calories, 1.5 grams fat, 35 mg cholesterol, 70 mg sodium)

Apple Cinnamon Oatmeal

1 1/2 cups water
1 cup oatmeal (regular **not** instant)
1/2 cup applesauce
1 teaspoon cinnamon
2 teaspoons brown sugar
1/2 cup raisins



Combine water and oatmeal in a large, microwave-safe bowl. Microwave on high for 2 minutes, or until the oatmeal is hot. Stir in the applesauce, cinnamon, brown sugar and raisins.

Yield: Approximately 2 cups; serving size 1/2 cup (200 calories, 2 grams fat, 0 mg cholesterol, 10 mg sodium)

Get Your Family Involved



Have a day when your children prepare breakfast. Help them make melon balls or cut orange sections and cheese squares to serve with yogurt or whole grain cereal.

Make a game out of breakfast by creating meals with letters of the alphabet to "eat the alphabet". Here are some ideas:

- Apples and Bananas with Cottage cheese,
- Dates, Elderberries, and Figs with dry cereal for a healthy trail mix,
- Make a fruit salad out of Nectarines, Oranges, and Peaches.

Kids Corner

Toast Faces

Cut circles out of bread slices and toast them. Try a drinking glass or a cookie cutter to make shapes. Save the leftover bread to make bread crumbs. Spread the toasted circles with low-fat cream cheese or peanut butter. Decorate the toast circles with raisins, and "O"-shaped cereal pieces as desired to make faces.



Stretching Your "Breakfast Dollar"

- Many "breakfast" convenience foods from fast food outlets or prepackaged in the grocery store are expensive and high in fat, sodium and sugar. You can make your own "on-the-go" breakfast that can be refrigerated or frozen ahead to save time, money, and be better for you.
- Read the label on your favorite breakfast cereals. Many are high in sugar and cost. Remember that each gram of sugar equals 1/4 teaspoon of sugar. So if the Nutrition Facts Panel indicates 8 grams of sugar in one serving of the cereal, that's 2 teaspoons of sugar per serving before any sugar is added at the table!!!

Free Nutrition Education Programs



Nutrition staff 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.

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Breakfast "On-the-Go"

- Top a whole wheat waffle with a tablespoon of peanut butter.
- Toss fruit and yogurt in a blender to whip for a quick smoothie.
- When making pancakes, freeze some for "on-the-run" breakfast. Just pop in microwave; top with peanut butter or crushed fruit; roll up and go.
- Try fresh seasonal fruits like apples, bananas, oranges, strawberries, or tangerines.
- Stuff celery sticks with peanut butter or a cheese spread. Make ahead and refrigerate in sandwich bags.
- Try cheese cubes with whole grain crackers.

More Breakfast Ideas



- Add flavoring to milk to give cold or hot cereals a new taste. Try vanilla or maple flavoring.
- Add "plump" raisins to cold or hot cereal. To plump raisins, boil 1 cup of water, remove from heat. Add 3/4 cup raisins and cover until raisins have absorbed the water. Refrigerate any raisins you don't use in your cereal.
- Odds and ends of dry ready-to-eat cereal can be placed in baggies and used for snacks or a quick breakfast. Store the baggies in the empty cereal boxes.
- Add zip to your favorite cereal with fresh or dried fruit, yogurt, or applesauce. The possibilities are endless! Use your imagination!!!
- Be creative with wraps, crepes, and burritos. Make wraps with currants, cinnamon and cream cheese, or breakfast burritos and crepes with egg, broccoli, cheese, spinach or ham rolled inside.
- 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.
- Can't face breakfast foods? Dig into last night's leftovers - pizza, chicken, spaghetti, salad - anything is better than nothing!

Need help paying your grocery bill? Food Stamps can help!

Call (315) 894-9917 today.

Nutrition Outreach & Education Program of Catholic Charities of Herkimer County

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