

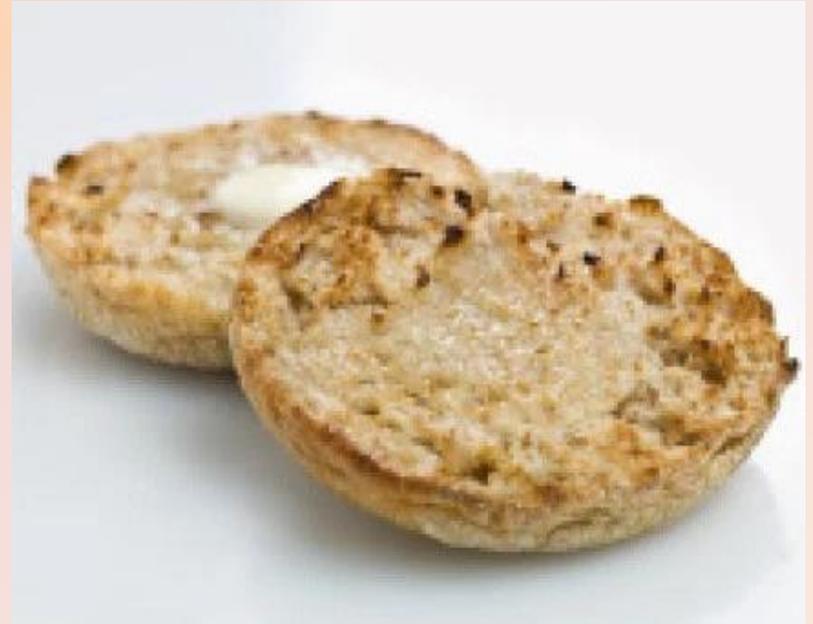


5 Healthy Breakfast Recipes

Wake Up Sandwich

Ingredients

- 2 tbsp light shredded cheese
- 2 tbsp chopped green pepper
- 1 tbsp sodium reduced ham
- pepper to taste
- 1 whole-grain English muffin, toasted
- 1/8 tsp Italian seasoning (optional)
- 1/4 cup liquid egg, egg whites or the whole eggs



Instructions

1. Find a bowl that is about the same size around as an English muffin and dishwasher safe
2. In the bowl, mix together egg, cheese, pepper, ham, ground pepper and Italian seasoning (optional).
3. Microwave on high temperature for a minute. Turn the egg over and microwave for another 30 seconds to 1 minute.
4. Place egg on the toasted English muffin. Makes 1 serving. Calories per Serving: 247

Apple Oatmeal

Ingredients

3 cups of apple juice
1/2 tsp ground cinnamon
1 1/2 cups quick oats
1/2 cup chopped apple
1/4 cup maple syrup
1/4 cup raisins
1/4 cup chopped walnuts
4 tbsp fat free vanilla yogurt



Instructions

1. Combine apple juice and cinnamon in a medium saucepan. Bring to a boil.
2. Mix the oats, chopped apple, maple syrup and raisins.
3. Reduce the heat and cook until most of juice is absorbed while stirring occasionally
4. Add the walnuts.
5. Top each bowl with a tablespoon of yogurt. Makes 4 servings. Calories per Serving: 271

Whole Wheat Pancakes

Ingredients

1 cup whole wheat flour
1 tsp baking powder
1/2 tsp baking soda
1 egg, lightly beaten
1 cup low-fat buttermilk
1/8 tsp salt
2 tbsp honey



Instructions

1. Whisk whole-wheat flour, baking powder, baking soda and salt in a medium bowl.
2. In a small bowl, combine egg, buttermilk and honey.
3. Make a well in dry ingredients and stir in egg and buttermilk mixture. Allow batter to rest for a few minutes.
4. Set a nonstick frying pan to medium-high heat. Drop batter 1/4 cupful on to griddle or pan.
5. Cook until the edges begin to dry and bubbles appear in the pancakes.
6. Flip and cook for 1-2 minutes more. Makes 8 pancakes.

Calories per 2 Pancake Serving: 188

Morning Power Bar

Ingredients

- 1 cup old-fashioned rolled oats
- 1/4 cup slivered almonds
- 1 tbsp flaxseeds, preferably golden
- 1 tbsp sesame seeds
- 1 cup unsweetened whole-grain puffed cereal
- 1/3 cup currants
- 1/3 cup chopped dried apricots
- 1/4 cup creamy almond butter
- 1/4 cup turbinado sugar (from pure cane sugar extract)
- 1/4 cup honey
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt



Instructions

1. Preheat oven to 350°F. Coat an 8-inch-square pan with cooking spray.
2. Spread oats, almonds, flaxseeds and sesame seeds on a large, rimmed baking sheet. Bake until the oats are lightly toasted.
3. Transfer to a large bowl. Add cereal, currants, apricots and raisins. Toss to mix together
4. Mix almond butter, sugar, honey, vanilla and salt in a small saucepan.
5. Cook over medium-low while stirring frequently until the mixture bubbles.
6. Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain.
7. Transfer to the prepared pan and press the mixture down firmly to make an even layer.
8. Refrigerate for 30 minutes or until firm. Makes 8 bars. Calories per 1 Bar Serving: 244

Watermelon Smoothie

Ingredients

- 1 1/2 cups 0% fat vanilla yogurt
- 3 cups watermelon chunks
- 1 small banana, chopped
- 1 cup ice

Instructions

1. Put watermelon chunks, chopped banana, ice and yogurt in a blender
2. Blend until desired smoothness.
3. Pour into glasses.

Serving Size 12 oz. Calories per Serving: 158





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