

Focus on Nutrition

Everyone Needs Breakfast!

Breakfast gets us going in the morning! Without it, we get the "blahs" long before lunch. Breakfast helps kids learn and work at school. It gives everyone the energy they need to feel good and stay healthy. Weight watchers need breakfast too. NO breakfast often means TOO MANY mid-morning snacks or TOO MUCH lunch!

Morning can be a busy time. Planning ahead will help ease the rush. Many breakfast foods are quick and easy to fix. Fresh fruits, milk, and juice are good "as is." Use foods like this on busy mornings. Save other breakfast foods for "lazy days."

A good plan to use for breakfast is based on the **FOUR FOOD GROUPS**:

MENU:

Citrus Fruit or Juice
(such as orange or grapefruit)
Egg or Cereal or Meat
Milk
Bread

Citrus fruits and juices and tomato juice are best because they are rich in vitamin C. Some citrus fruits are: oranges, grapefruit, and tangerines. Serve a fruit or fruit juice for breakfast each day. Milk is needed by every member of the family. Adults need TWO and children need THREE to FOUR glasses of milk

each day. Milk is rich in calcium which helps build strong bones and teeth.

Serve different kinds of foods for variety. Keep foods on hand which are easy to fix. Dry cereal, syrup, cocoa, breads, fresh fruits, chilled canned fruits, and fruit juices are a few of them. Some foods can be made the day before. Coffee cake made ahead is good warmed-up for breakfast.



MENUS

Half Grapefruit
Crunch Cereal
Toast, Jelly
Milk

Eggnog
Toast, Jelly
Fresh Fruit or Juice

Tomato Juice
Cheese Omelet
Toast, Jelly
Cocoa

Fresh Strawberries or
Cantaloupe (or any
fresh fruit in season)
Griddlecakes
Syrup
Milk or Cocoa

Orange Juice
Rice Cereal with Raisins
Cinnamon Toast
Milk

Fresh Orange Slices
Cornmeal Pancakes
Syrup
Milk

Canned Chilled Peaches
Oatmeal Squares
(makeahead)
Margarine, Honey
Milk

RECIPES

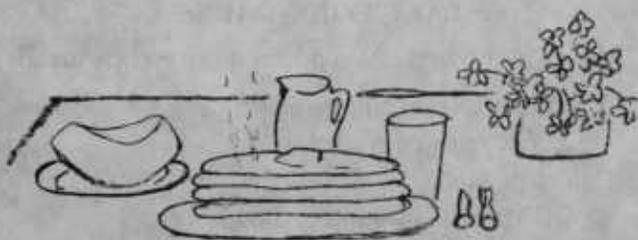
CRUNCH CEREAL

A "homemade" ready-to-eat cereal your kids will love!

- MIX together in a large bowl:
12 cups quick cooking rolled wheat or rolled oats
2 tsp. salt
1 to 1 1/2 cups brown sugar
- COMBINE in a small bowl and POUR over dry cereal mixture:
1 cup cooking oil
2 Tbsp. vanilla
1 cup water
- STIR until cereal is coated evenly.
- SPREAD mixture on shallow baking pans.
- BAKE at 250° for 2 hours.
- FOR CHUNKY CEREAL SNACKS: *do not stir* the mixture as it cooks.
FOR READY-TO-EAT CEREAL: *stir* the cereal as needed while it cooks.
- ADD *1 cup raisins* if you like.
- SERVE Crunch Cereal with milk as you would a dry cereal.

Prepared by Nutrition Staff of the Cooperative Extension Service, Oregon State University.

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CORNMEAL PANCAKES

A treat for the whole family!

- MIX together:
2 cups flour
2 tsp. baking powder
4 Tbsp. sugar
2 tsp. salt
1 cup cornmeal
1 cup dry milk
- BEAT in a large bowl:
2 cups water
1/2 cup melted fat
- ADD flour mixture and mix well.
- DROP by spoonfuls on hot greased frying pan. COOK until bubbles come to the top. TURN and brown the other side.
- SERVE Cornmeal Pancakes with butter or margarine, syrup, jam or just plain.

DRY COCOA MIX

Use this mix for hot cocoa or chilled chocolate milk.

- MIX well in a jar or container with a lid which you can use for storage:
1 cup cocoa
3/4 cup sugar
4 cups dry milk
1/2 tsp. salt
- STORE the mix tightly covered in a cool, dry place.

TO MAKE COCOA OR CHOCOLATE MILK

- MEASURE out *1/2 cup cocoa mix and 1 cup water*.
- ADD a small amount of the water to the mix to form a paste.
- MIX until all lumps are gone from the paste.
- ADD the rest of the water.
- TO SERVE: Heat for cocoa or chill for chocolate milk.

MAPLE SYRUP

Have the kids make this syrup for their morning pancakes!

- COMBINE in a small saucepan:
1 1/3 cup corn syrup
1/2 tsp. maple flavoring
6 Tbsp. water
- HEAT mixture to a boil. Boil for 2 minutes.
- STORE syrup in a covered container at room temperature. Use within two weeks before it molds.

CHEESE OMELET

Tasty and good for your family—breakfast, lunch, or dinner!

- BEAT 6 eggs or 1 1/2 cups packed dried egg mix + 1 1/2 cups water.
- ADD and BEAT again:
3/4 tsp. salt
dash pepper
6 Tbsp. milk
- MELT 3 Tbsp. butter or margarine in a large fry pan over medium heat.
- POUR egg mixture into pan.
- COOK over medium heat.
- LIFT edges and tip pan so that uncooked egg runs under the cooked part.
- SPRINKLE top of omelet with *grated cheese*.
- FOLD the omelet in half and serve.

NOTE: For variety, add chopped meat (cooked or canned) with the grated cheese.

RICE CEREAL WITH RAISINS

Makes 4 servings. The raisins add extra food value and flavor.

- PLACE in a pan and HEAT until water boils:
2 cups water
1/2 tsp. salt
1 Tbsp. margarine
- ADD and COOK over low heat for 25 minutes. COVER the pan.
1/2 cup rice
1/4 cup sugar
- ADD and COOK 10 minutes over low heat:
1/2 cup dry powdered milk MIXED with 1 cup water
1/2 cup raisins
- SERVE Rice Cereal with Raisins hot or cold.

BROWN SUGAR SYRUP

Great with pancakes or cooked cereall

1. COMBINE in a small saucepan:
1 1/3 cup corn syrup
1 1/3 cup brown sugar
6 Tbsp. water
2. HEAT mixture to a boil. Boil for 2 minutes.
3. STORE syrup in a covered container at room temperature. Use within two weeks before it molds.

ROLLED WHEAT OR OATMEAL SQUARES

Makes 12 to 16 squares. These can be made ahead!

1. HEAT over to 425°.
2. GREASE an 8-inch square baking pan.
3. MIX well:
1 cup flour
1 cup rolled wheat or oats
1 Tbsp. baking powder
1 tsp. salt
1/3 cup dry milk
1/4 cup sugar
4. PUT into a bowl and BEAT:
1 egg or 1/4 cup dried egg mix + 1/4 cup water
1/4 cup melted shortening or cooking oil
1 cup water
5. ADD flour mixture and STIR.
6. POUR into pan.
7. BAKE 25-30 minutes.
8. CUT into squares and SERVE with jelly, butter, applebutter, syrup, honey, etc.

GRIDDLECAKES

Makes 12 to 18 cakes. Light and Tasty!

1. MEASURE *1 1/2 cups flour* into a bowl.
2. ADD and MIX:
2 1/2 tsp. baking powder
3/4 tsp. salt
3 Tbsp. sugar
3. COMBINE in another bowl:
1 well beaten egg or 1/4 cup packed dried egg mix + 1/4 cup water
1 1/4 cup milk
3 Tbsp. melted shortening or cooking oil
4. POUR liquid into flour mixture and STIR until dry ingredients are moist. *Do not beat.*
5. BAKE on a hot greased griddle.
6. SERVE with syrup, honey or jam.

LAZY CORN CAKES

Makes 8 servings. A good recipe for corn meal!

1. COMBINE in a large bowl:
1 1/3 cups cornmeal
1 tsp. salt
2. COMBINE in another bowl:
2 well beaten eggs or 1/2 cup packed dried egg mix + 1/2 cup water
2 cups milk
4 Tbsp. melted shortening, margarine or cooking oil
3. POUR into cornmeal mixture and STIR until blended.
4. BAKE on a hot griddle. STIR batter each time before removing a spoonful.
5. SERVE with honey or syrup.

FRENCH TOAST

A family favorite!

1. COMBINE in a shallow small pan:
2 slightly beaten eggs or 1/2 cup packed dried egg mix + 1/2 cup water
1/3 cup milk
1/4 tsp. salt
2. CUT *6 slices of bread* in half (stale bread works fine)
3. DIP bread in egg mixture and cook in hot butter or other fat until browned. TURN to brown other side.
4. SERVE french toast with jam, jelly, syrup or honey. (It's also good for dinner topped with creamed fish, meat or vegetable)

EGGNOG

Makes 4 servings, tasty and quick!

1. BEAT *4 fresh eggs.*
 2. ADD:
About 3 Tbsp. sugar
4 cups milk
1 tsp. vanilla
 3. POUR into glasses or cups.
 4. SPRINKLE *nutmeg* on top.
- NOTE: For chocolate eggnog, use 2 or 3 Tbsp. chocolate syrup in place of sugar.
For fruit eggnog, add 2 or 3 Tbsp. orange, strawberry, raspberry, cherry or grape juice with milk.