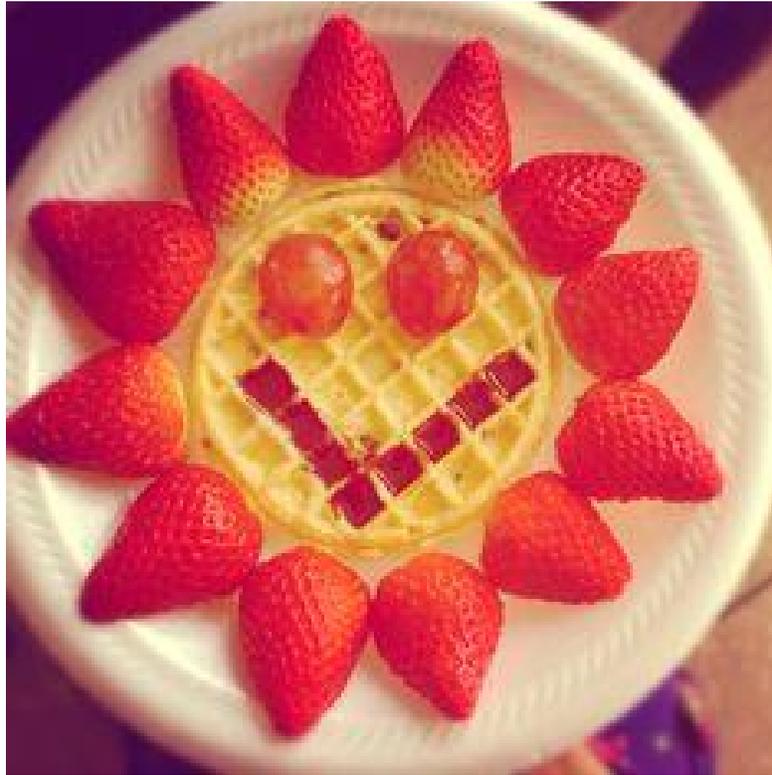


# Knowledge @ Noon

## *“Rise and Shine”*



*Wednesday, August 20, 2014*

*12:00 - 1:00 p.m.*

104 S. Brayman, Paola, KS

Marais des Cygnes Extension District, Paola Office

*Instructors:*

*Marais des Cygnes Extension District Master Food Volunteers*

## **Breakfast: A Good Start!** November 28, 2011

**Author:** Annrose M. Guarino, Ph.D., Human Nutrition and Food, Louisiana State University, Louisiana Cooperative Extension

---

Breakfast is the most important meal of the day. The whole family should be encouraged to eat breakfast. Breakfast gives you energy, makes you feel better, keeps you from getting hungry later in the morning, and helps you achieve and maintain a healthy weight. Children who eat breakfast do better in school. Children may be able to get breakfast at school – check with the school food service to find out if it is available in your area.

### **Tips for a Quick Breakfast:**

1. No time? Make breakfast the night before. Have family members help you prepare breakfast. Choose low fat milk or cheese high-fiber cereal, fruit, boiled eggs, whole-grain bread or English muffin.
2. Are you in a hurry? Take it to go. String cheese, low-fat yogurt, dry cereal in a bag or a banana will make a nutritious and delicious breakfast.
3. Not hungry yet? Drink some skim milk. Have whole-wheat bread or crackers with low-fat cheese later in the morning.
4. Pick 2-3 foods, including at least one from each of the following food groups:
  - bread and grain (i.e.cereal, toast, muffin)
  - milk and milk product (i.e. low-fat yogurt, low-fat milk)
  - fruit or vegetable group (i.e bananas, apples, carrots)
5. Replace or accompany that morning cup of coffee with a glass of orange juice or milk.
6. Make an omelette! You can shorten preparation time by chopping up your vegetables ahead of time.
7. Get up 15 minutes earlier. You can fix and consume a healthy breakfast in 15 minutes or less.

### **Healthy Breakfast Ideas:**

- **Power Breakfast:** Mix fresh, canned or dried fruit, low-fat yogurt and cereal.
- **Breakfast Pizza:** Top an English muffin or bagel with tomato sauce, low-fat mozzarella cheese and mushrooms (you can use any vegetable). Heat in a toaster or microwave.
- **Shake It Up:** Put a cup of ice, one cup of fresh fruit, 1/2 cup of orange juice, and 1/2 cup low-fat yogurt in a blender. Blend until smooth.
- **Egg White Omelet:** Beat two egg whites, add to pan sprayed with non-stick cooking spray.

***Eating breakfast away from home can fit into a healthy lifestyle with the right choices, although most fast food chains offer limited options for breakfast as compared to other meals. Follow these tips for a healthy breakfast:***

- Ask for scrambled eggs or an egg substitute omelet.
- Ask for butter, margarine, or syrups on the side and not added to food.
- Drink low fat dairy products -- skim or 1% milk.
- Drink 100% vegetable and fruit juices.
- Choose hot or dry cereals with skim or 1% milk.
- Choose dry toast, English muffins, and bagels instead of croissants, danishes, and donuts.

## Breakfast Pitfalls and Solutions

Think about whether these breakfast pitfalls apply to you:

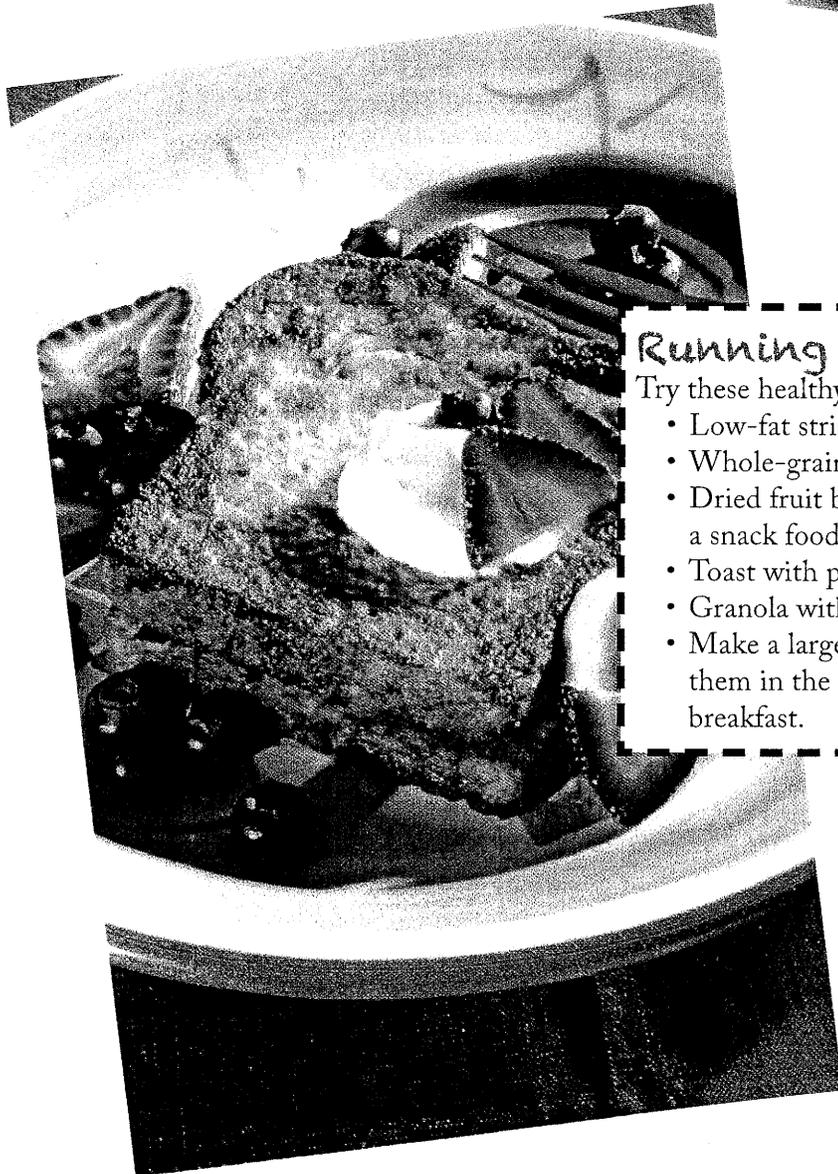
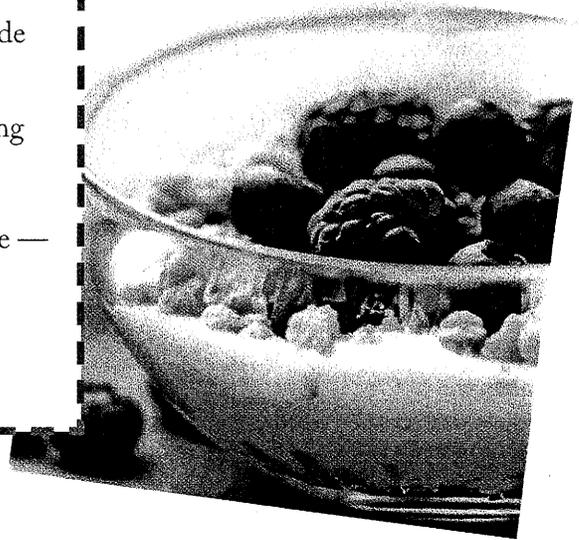
Breakfast is a missing link in my day.

I need some wake-me-up, tasty food choices added to my breakfast menu.

"I'm late!" is the phrase that comes to mind when I try to decide whether or not to eat breakfast.

If you're tired of the same breakfast, mix it up. Try the following ideas, or create your own.

- Egg burrito (scrambled egg in tortilla wrap, with leftover cooked rice, potatoes, black beans, or veggie of your choice — onions and peppers are great!)
- Leftover veggie pizza or spaghetti
- Tortilla with low-fat cheese
- Fruit smoothies



## Running Late?

Try these healthy tricks to get a good start on your day:

- Low-fat string cheese and whole-wheat crackers.
- Whole-grain cereal bar and skim milk.
- Dried fruit bits mixed in with dry cereal and eaten like a snack food, washed down with a glass of skim milk.
- Toast with peanut butter and bananas.
- Granola with dried or fresh fruit bits and yogurt.
- Make a large batch of pancakes or waffles and put them in the freezer. Re-heat for a fast and easy breakfast.

## Resource Sheet

When it comes to breakfast, it is easy to get in a rut. Move beyond cold cereal and milk every morning with these tasty tips:

### Fruit smoothies

- Blend low-fat milk or yogurt with fresh or frozen fruit. Try strawberries, bananas, peaches, and other fruits. Be creative and try different combinations.

### Breakfast sandwiches

Be creative! Combine different foods to make your own breakfast sandwiches. Here are some ingredients to get you thinking:

- Breads and wraps: tortillas, whole-wheat bread, frozen waffles, English muffins, bagels
- Tasty fillings: apple slices, peaches, strawberries, chopped tomatoes, peanut butter, eggs, ham, cheese

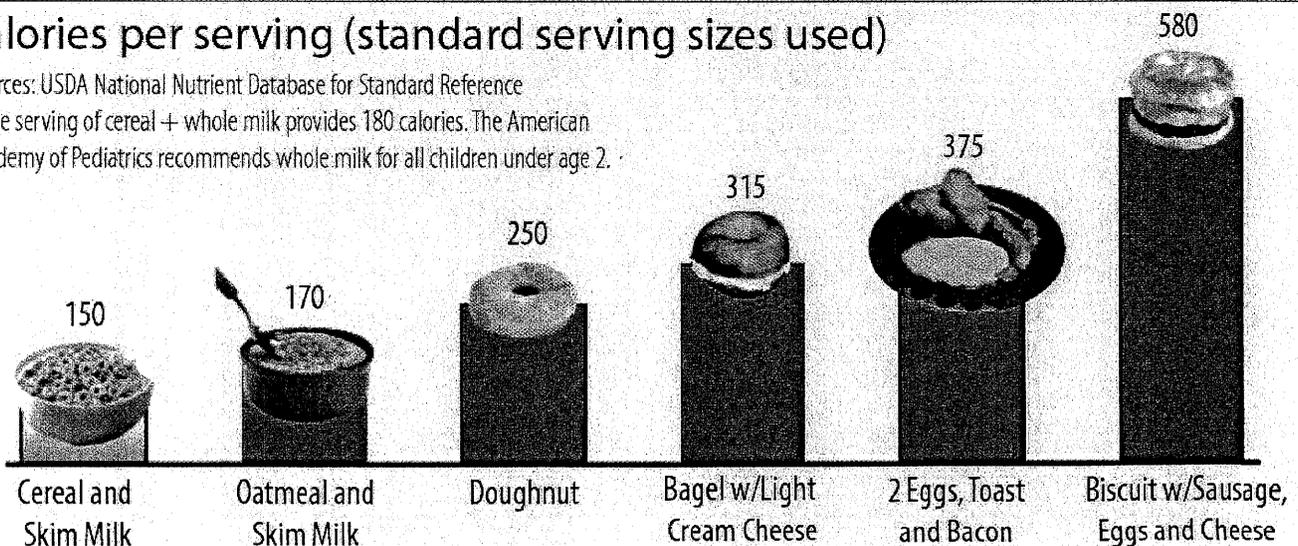
Top 10 Breakfast Foods for Children	Top 10 Breakfast Food for Adults
Milk	Milk
Ready-to-eat cereal	Coffee and coffee drinks
White bread	Bread
Juice	Ready-to-eat-cereal
Eggs	Juice
Meat	Fruit
Fruit	Eggs
Breakfast pastries, donuts, granola bars	Cooked cereal
Cooked cereal	Meat
Pancakes	Breakfast pastries, donuts, granola bars

## Calorie Comparison of Common Breakfast Choices

### Calories per serving (standard serving sizes used)

Sources: USDA National Nutrient Database for Standard Reference

\*One serving of cereal + whole milk provides 180 calories. The American Academy of Pediatrics recommends whole milk for all children under age 2.



# Cereal Facts

- Most cereals — including presweetened — contain about 100 to 130 calories per serving and provide at least 10 key nutrients.
- Cereals — including presweetened — provide less than 5 percent of a child's calorie intake.
- Kids who frequently eat cereal consume less fat and have a higher intake of several important nutrients.

## For kids:

Breakfast contributes  
 < 20 percent of daily calories  
 > 30 percent of calcium,  
 iron, B vitamins

## Kellogg's Froot Loops

Nutrition Facts			
Serving Size		1 Cup (30g/1.1 oz.)	
Servings Per Container		About 10	
		Cereal with 1/2 Cup Vitamins A&B Fat Free Milk	
<b>Amount Per Serving</b>	<b>Cereal</b>	<b>Cereal</b>	<b>Fat Free Milk</b>
<b>Calories</b>	120	160	
Calories from Fat	10	10	
<b>% Daily Value**</b>			
<b>Total Fat 1g*</b>	<b>2%</b>	<b>2%</b>	
Saturated Fat 0.5g	<b>3%</b>	<b>3%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>0%</b>	
<b>Sodium 140mg</b>	<b>6%</b>	<b>9%</b>	
<b>Potassium 30mg</b>	<b>1%</b>	<b>7%</b>	
<b>Total Carbohydrate 26g</b>	<b>9%</b>	<b>11%</b>	
Dietary Fiber 1g	<b>4%</b>	<b>4%</b>	
Sugars 13g			
Other Carbohydrate 12g			
<b>Protein 1g</b>			
Vitamin A	10%	15%	
Vitamin C	25%	25%	
Calcium	0%	15%	
Iron	25%	25%	
Vitamin D	10%	25%	
Thiamin	25%	30%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B <sub>6</sub>	25%	25%	
Folic Acid	25%	25%	
Vitamin B <sub>12</sub>	25%	35%	
Phosphorus	2%	15%	
Zinc	10%	15%	
* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.			
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
<b>INGREDIENTS:</b> SUGAR; CORN FLOUR; WHEAT FLOUR; OAT FLOUR; PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, COTTONSEED, AND SOYBEAN); SALT; SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C); NIACINAMIDE; REDUCED IRON; NATURAL ORANGE, LEMON, CHERRY, RASPBERRY, BLUEBERRY, LIME, AND OTHER NATURAL FLAVORS; RED #40; BLUE #2; ZINC OXIDE; YELLOW #6; TURMERIC COLOR; PYRIDOXINE HYDROCHLORIDE (VITAMIN B <sub>6</sub> ); BLUE #1; RIBOFLAVIN (VITAMIN B <sub>2</sub> ); THIAMIN HYDROCHLORIDE (VITAMIN B <sub>1</sub> ); ANNATTO COLOR; VITAMIN A PALMITATE; BHT (PRESERVATIVE); FOLIC ACID; VITAMIN B <sub>12</sub> ; VITAMIN D.			
<b>CONTAINS WHEAT INGREDIENTS. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.</b>			
Exchange: 2 Carbohydrates			
The dietary exchanges are based on the Exchange Lists for Meal Planning, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.			

## Kellogg's Rice Krispies

Nutrition Facts			
Serving Size		1 1/4 Cup (33g/1.2 oz.)	
Servings Per Container		About 10	
		Cereal with 1/2 Cup Vitamins A&B Fat Free Milk	
<b>Amount Per Serving</b>	<b>Cereal</b>	<b>Cereal</b>	<b>Fat Free Milk</b>
<b>Calories</b>	120	160	
Calories from Fat	0	0	
<b>% Daily Value**</b>			
<b>Total Fat 0g*</b>	<b>0%</b>	<b>0%</b>	
Saturated Fat 0g	<b>0%</b>	<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>0%</b>	
<b>Sodium 320mg</b>	<b>13%</b>	<b>16%</b>	
<b>Potassium 40mg</b>	<b>1%</b>	<b>7%</b>	
<b>Total Carbohydrate 29g</b>	<b>10%</b>	<b>11%</b>	
Dietary Fiber 0g	<b>0%</b>	<b>0%</b>	
Sugars 3g			
Other Carbohydrate 26g			
<b>Protein 2g</b>			
Vitamin A	10%	15%	
Vitamin C	10%	10%	
Calcium	0%	15%	
Iron	50%	50%	
Vitamin D	10%	25%	
Thiamin	25%	30%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B <sub>6</sub>	25%	25%	
Folic Acid	25%	25%	
Vitamin B <sub>12</sub>	25%	35%	
Phosphorus	4%	15%	
* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.			
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
<b>INGREDIENTS:</b> RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT FLAVORING, VITAMINS AND IRON: IRON, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B <sub>6</sub> ), RIBOFLAVIN (VITAMIN B <sub>2</sub> ), THIAMIN HYDROCHLORIDE (VITAMIN B <sub>1</sub> ), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B <sub>12</sub> AND VITAMIN D. TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING.			
Exchange: 2 Carbohydrates			
The dietary exchanges are based on the Exchange Lists for Meal Planning, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.			

## Kellogg's Frosted Flakes

Nutrition Facts			
Serving Size		3/4 Cup (30g/1.1 oz.)	
Servings Per Container		About 16	
		Cereal with 1/2 Cup Vitamins A&B Fat Free Milk	
<b>Amount Per Serving</b>	<b>Cereal</b>	<b>Cereal</b>	<b>Fat Free Milk</b>
<b>Calories</b>	110	150	
Calories from Fat	0	0	
<b>% Daily Value**</b>			
<b>Total Fat 0g*</b>	<b>0%</b>	<b>0%</b>	
Saturated Fat 0g	<b>0%</b>	<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>0%</b>	
<b>Sodium 140mg</b>	<b>6%</b>	<b>9%</b>	
<b>Potassium 20mg</b>	<b>1%</b>	<b>6%</b>	
<b>Total Carbohydrate 27g</b>	<b>9%</b>	<b>11%</b>	
Dietary Fiber 1g	<b>3%</b>	<b>3%</b>	
Sugars 11g			
Other Carbohydrate 15g			
<b>Protein 1g</b>			
Vitamin A	10%	15%	
Vitamin C	10%	10%	
Calcium	0%	15%	
Iron	25%	25%	
Vitamin D	10%	25%	
Thiamin	25%	30%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B <sub>6</sub>	25%	25%	
Folic Acid	25%	25%	
Vitamin B <sub>12</sub>	25%	35%	
* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.			
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
<b>INGREDIENTS:</b> MILLED CORN, SUGAR, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, SALT, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B <sub>6</sub> ), RIBOFLAVIN (VITAMIN B <sub>2</sub> ), THIAMIN HYDROCHLORIDE (VITAMIN B <sub>1</sub> ), VITAMIN A PALMITATE, FOLIC ACID, BHT (PRESERVATIVE), VITAMIN B <sub>12</sub> AND VITAMIN D.			
<b>CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.</b>			
Exchange: 1 1/2 Carbohydrates			
The dietary exchanges are based on the Exchange Lists for Meal Planning, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.			

## **Beef Breakfast Pizza Ole (serves 4)**

1 recipe Basic Country Breakfast Sausage (recipe below)      ¾ cup diced seeded tomatoes  
½ cup salsa      ½ cup reduced fat shredded Mexican blend cheese  
1 pkg. (11 oz.) thin-crust refrigerated pizza dough      4 eggs  
1 Tablespoons thinly sliced green onions

Preheat oven to 425 degrees. Prepare Basic Country Beef Breakfast Sausage. Stir in salsa. Meanwhile, unroll dough on greased baking sheet. Pat or roll evenly to 14x10 rectangle, pinching together any tears, if necessary. Bake 8 minutes. Remove from oven and top evenly with beef mixture, tomatoes and cheese. Make 4 wells in beef mixture and crack one egg into each well. Return to oven and continue to bake at 450 degrees for 13-18 minutes or until desired doneness of egg is reached. Remove from oven, sprinkle with green onion. Cut into 4 wedges.

Nutritional Info per serving. . 454 calories, 15 g fat (6 g saturated, 2 g monounsaturated) 285 mg cholesterol, 1294 mg sodium, 44 g carbohydrates, 2.1 g fiber, 37 g protein, 5.3 g niacin, 0.4 g vitamin B6, 2.7 mcg vitamin B 12, 3.6 mg iron, 33.2 mcg selenium, 5.8 mg zinc, 206.5 mg choline

## **Pizza Dough**

1 Tablespoon yeast  
1 cup warm water  
1 teaspoon sugar  
1 teaspoon salt  
2 Tablespoons canola oil

Dissolve yeast in warm water. Stir in remaining ingredients. Turn out on floured bread board. Knead to soft dough. Cover and allow to rest a 5 minutes. Roll out and place on 10-13 inch pizza stone (or pan). Add toppings and bake at 425 degrees for 20 minutes.

*Recipe submitted by Jennie Miller, MFV*

## **Basic Country Breakfast Sausage –**

1 lb. ground beef (96% lean)  
2 teaspoon chopped fresh sage  
(OR ½ teaspoon rubbed sage)  
1 teaspoon garlic powder  
1 teaspoon onion powder  
½ teaspoon salt  
¼ to ½ teaspoon crushed red pepper

Combine in a large bowl, mixing lightly, but thoroughly. Cook in non-stick skillet for 8-10 minutes, stirring occasionally to break into crumbles. Makes 2 ½ cups crumbles.

*Recipes from Kansas Beef Council*

## Southern Breakfast Burritos

1 lb. pork sausage  
1 Tablespoon taco seasoning  
¼ cup diced green bell pepper  
¼ cup diced red bell pepper  
1 medium onion, diced

3 eggs  
Freshly ground black pepper  
6 burrito size tortillas  
1 cup shredded Mexican blend cheese

1. Crumble sausage into a medium skillet and cook over medium heat until browned. Add taco seasoning, bell peppers and onion; cook until softened. Remove from heat and let cool. Transfer to large bowl. Wipe out pan with a paper towel.
2. Whisk eggs and pepper. Pour into pan and scramble. Add eggs to sausage mixture; toss to combine. Let cool.
3. Heat flour tortillas as directed on package to make the pliable.
4. Place 2 to 3 tablespoons cheese on one side of a tortilla. Top with a couple spoonfuls of egg mixture. Roll tortilla in burrito fashion. Wrap burrito in foil and place in freezer bag; freeze
5. To serve, heat foil-wrapped burritos in a 350 degree oven 30-35 minutes or remove burrito from foil, wrap in a damp paper towel and microwave 2-3 minutes on high until warmed. No need to defrost before cooking.

Nutritional facts per serving . 510 calories, 28 g fat, 155 my cholesterol, 25 g protein, 42 carbohydrates, 2 g fiber, 1,145 my sodium

## Breakfast Sausage

2 teaspoons dried sage  
2 teaspoons salt  
1 teaspoon ground black pepper  
¼ teaspoon dried marjoram

1 Tablespoon brown sugar  
½ teaspoon crushed red pepper flakes  
1 pinch ground cloves  
2 pounds ground pork

In a small, bowl, combine the sage, salt, ground black pepper, marjoram, brown sugar, crushed red pepper and cloves. Mix well.

Place the pork in a large bowl and add the mixed spices to it. Mix well with your hands and form into patties.

**Nutrition Information** Servings Per Recipe: 6 Calories: 409" Total Fat: 32.2g Cholesterol: 109mg Sodium: 861mg Total Carbs: 2.7g Dietary Fiber: 0.3g Protein: 25.6g  
*Printed from Allrecipes.com 8/9/2014*

## Carrot Smoothie

Servings: 3 Serving size: 5 ounce

1 cup sliced carrots  
½ teaspoon finely shredded orange peel  
1 cup orange juice

1 ½ cups ice cubes  
Orange peel curls (Optional)

In a covered small saucepan, cook carrots in a small amount of boiling water about 15 minutes or until very tender. Drain well. Cool.

Place drained carrots in a blender. Add finely shredded orange peel and orange juice.

Cover and blend until smooth. Add ice cubes; cover and blend until smooth. Pour into glasses. If desired, garnish with orange peel curls. Makes 3 (5-ounce) servings.

**Nutrition information:** Per Serving: cal. (kcal) 55, Fat, total (g) 0, chol. (mg) 0, sat. fat (g) 0, carb. (g) 13, fiber (g) 1, pro. (g) 1, sodium (mg) 16, Vegetables ( ) 0.5, Fruit ( ) 0.5, Carb Choice ( ) 1,

## Basic Fruit Smoothie

- 2 8 ounce carton plain fat-free yogurt
- 2 ripe small bananas
- 1 cup sliced fresh strawberries or unsweetened frozen strawberries
- 1 cup fresh mixed berries, such as raspberries, blueberries, and/or blackberries, or unsweetened frozen mixed berries

In a blender container, combine yogurt, bananas, and berries; cover and puree until nearly smooth. Makes 4 servings.

Once you've mastered this simple recipe for how to make fruit smoothies, your possibilities are practically limitless. Create classic combination like pineapple- peach or strawberry- banana, or experiment with other fruits to find new favorites. Remember that soft fruits will mix more easily. Wait for harder fruits like nectarines or peaches to ripen well before using them in a smoothie recipe (and be sure to remove the stone). Remove all seeds or peels from applicable fruits before processing them in your blender.

### **Additional optional ingredients:**

**2-3 TBSP:** Dry buttermilk, Wheat germ, Ground flax, Chia seeds, Dry oatmeal, Nuts, Honey, Orange juice

## PB&J Bread Pudding – serves 12

- |                              |   |
|------------------------------|---|
| Unsalted butter, for the pan | 1 cup sugar                               |
| 1 cup creamy peanut butter   | 10 oz. challah or brioche bread           |
| 2 cups whole milk            | cut into 1 inch pieces (about 8 cups)     |
| 6 large eggs, beaten         | 1 lb. small strawberries, quartered       |
| 2 teaspoons vanilla          | 1 12 oz jar strawberry preserves (or jam) |
| ½ teaspoon salt              | 2 Tablespoons roasted peanuts, chopped    |

1. Heat oven to 350 degrees. Butter a shallow 3 qt or 9x13 baking dish;
2. Place the peanut butter in a large bowl and gradually add the milk, whisking until fully incorporated. Whisk in the eggs, vanilla, salt and ¼ cup of the sugar. Add the bread and toss to coat. Cover and refrigerate, mixing once, for 20 minutes.
3. Meanwhile, in a medium bowl, toss together the strawberries and remaining ¾ cup sugar. Let sit, tossing occasionally, until ready to use.
4. Transfer two-thirds of the bread mixture to the prepared baking dish, arranging it in an even layer. Dollop with small spoonfulls of half the preserves. Scatter half the strawberries on top, drizzling half of any juices over the berries.
5. Top with the remaining bread mixture and berries and juice. Cover with foil and bake for 15 minutes. Uncover and continue baking until just set, 35 to 45 minutes more.
6. While hot, spread the remaining preserves over the top and let rest for a least 5 minutes. Sprinkle with the peanuts just before serving.

Per serving . 418 calories, 17 g fat (5 g sat fat), 11mg cholesterol, 321 mg sodium, 13 g protein, 56 g carbs 3 g fiber.

**Recipe from Woman's Day – Sept 2014**

## Brioche

1 tablespoon active dry yeast	4 eggs
1/3 cup warm water (110 degrees F)	1 cup butter, softened
3 ½ cups all-purpose flour	1 egg yolk
1 tablespoon white sugar	1 teaspoon cold water
1 teaspoon salt	

1. In a small bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes.
2. In a large bowl, stir together the flour sugar and salt. Make a well in center of the bowl and mix in the eggs and yeast mixture. Beat well until the dough has pulled together, then turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes.
3. Flatten the dough and spread it with one third of the butter. Knead this well. Repeat this twice to incorporate the remaining butter. Allow the dough to rest for a few minutes between additions of butter. This process may take 20 minutes or so. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with plastic wrap and let rise in a warm place until doubled in volume, about 1 hour.
4. Deflate the dough, cover with plastic wrap, and refrigerate 6 hours or overnight. It needs time to chill in order to become more workable.
5. Preheat oven to 400 degrees F (200 degrees C). Lightly grease two 9x5-inch loaf pans (see Cook's Note to make rolls). Beat the egg yolk with 1 teaspoon of water to make a glaze.
6. Turn the dough out onto a lightly floured surface. Divide the dough into two equal pieces, form into loaves and place into prepared pans. Cover with greased plastic wrap and let rise until doubled in volume, about 60 minutes.
7. Brush the loaves or rolls with the egg wash. Bake in preheated oven until a deep golden brown. Start checking the loaves for doneness after 25 minutes, and rolls at 10 minutes. Let the loaves cool in the pans for 10 minutes before moving them to wire racks to cool completely.

**Nutrition Information** Servings Per Recipe: 16 Calories: 22, Total Fat: 13.3g, Cholesterol: 96mg, Sodium: 246mg, Total Carbs: 22.1g, Dietary Fiber: 0.9g, Protein: 5g  
*Printed from Allrecipes.com 8/11/2014*

### Editor's Note:

To make brioche in a stand mixer, combine the water, yeast, flour, sugar, and eggs in a mixing bowl. Mix on low speed with the dough hook until the dough is fully developed, 10 to 15 minutes, scraping the dough down occasionally. With the mixer running, gradually add the softened butter a tablespoon at a time, mixing well after each addition. Place the dough in a greased bowl and proceed with the recipe.

### Cook's Notes:

You can use 1 ounce of fresh yeast instead of active dry yeast, if you prefer.

For Cheese Brioche, knead in 4 ounces of grated Gruyere in step 5.

To make brioche a tete, grease muffin tins or fluted brioche molds. Divide the dough into the right number of portions for your pan. To shape the rolls, divide each piece again in portions of about 2/3 and 1/3. Roll them into balls. Put the larger piece into a plug and insert it in the hole so that it makes a small round, sitting on top of the first piece. Leave the brioche for 30 minutes, or until the base has risen to the edge of the pan. Brush with egg wash. Bake until deep golden-brown, checking after 10 minutes.



## Fruity Breakfast Cookie

1 cup butter	½ cup Flaxseed meal
1 cup granulated sugar	½ cup whole wheat flour
1 cup packed brown sugar	1 to 1 ½ cups self-rising flour
1 teaspoon salt	1 cup dried cranberries or cherries
2 teaspoons ground cinnamon	1 cup chopped dried apricots
2 eggs	1 cup raisins
1 teaspoon vanilla	2 cups toasted chopped walnuts
1 cup Old-fashioned Oats	

1. Preheat oven to 350°F
2. Combine butter, sugars, salt, & cinnamon in a large bowl. Beat with a mixer at med. Speed until light & fluffy. Beat in eggs & vanilla.
3. Stir in oats, flaxseed meal, whole-wheat flour, 1 cup self-rising flour. Add additional self-rising flour in ¼ cup increments if dough is still sticky. Stir in fruits and nuts until combined.
4. Scoop dough onto baking sheet using 2 Tbsp scoop. BAKE 10-13 min. until cookies are puffy & light tan. Centers are a bit doughy & dense. Makes 2 doz., 1 cookie: 310 cal, 15g fat, 40g carb, 140mg sodium, 4g protein, 3g fiber

*Recipe from Relish Newspaper/2012, recipe by Mary Carter*

## Pumpkin Chip Muffins

4 eggs	2 teaspoons soda
2 cups sugar	2 teaspoons baking powder
1 (15 oz) can pumpkin	1 teaspoon cinnamon
1 ½ cups oil	1 teaspoon salt
3 cups flour	2 cups chocolate chips

In a large bowl, beat eggs, sugar, pumpkin and oil until smooth. Combine flour, baking soda, baking powder, cinnamon and salt. Add to mixture and mix well. Fold in chips.

Fill greased or paper lined muffin cups ¾ full. Bake at 400 degrees F, for 16 . 20 minutes or until toothpick comes out clean when tested. Cool in pan for 10 minutes before removing to wire rack.

Makes 6 approx.. 24 muffins.

Recipe from Taste of Home, Nov. 2010

## Warm Country Gingerbread Waffles

2 cups. All-purpose flour	1 teaspoon cinnamon
½ teaspoon ground ginger	½ teaspoon salt
1 cup molasses	½ cup butter
1 ½ teaspoon baking soda	1 cup buttermilk
1 egg	

Combine flour, cinnamon, ginger, and salt. Heat molasses and butter until butter melts.

Remove from heat and stir in baking soda. Add buttermilk and egg; then add flour mixture.

Cook in a preheated, oiled waffle iron until golden. Can be served with brown sugar, powdered sugar, hot maple syrup or berries. Makes 12 four inch waffles. Serves 12.

Nutritional Analysis: per serving: Calories- 245, Carbohydrates-38 g, Fat-9g, Protein-3g, Sodium-295mg, Sugars-17

## Hawaiian Waffles

### SAUCE

1 20 oz. can crushed pineapple, undrained  
½ cup flaked coconut  
¼ cup pineapple juice  
½ cup sugar  
½ cup light corn syrup

### WAFFLES:

2 cups all-purpose flour  
1 Tablespoon sugar  
2 eggs, separated  
¼ cup butter or margarine, melted  
¼ cup flaked coconut  
Additional chopped macadamia nuts, toasted, optional. Serves 8.  
4 teaspoons baking powder  
½ teaspoon salt  
1 cup milk  
1 8 oz can, crushed pineapple, well drained  
¼ cup chopped macadamia nuts

In a saucepan, combine first 5 ingredients. Bring to a boil. Reduce heat. Simmer, uncovered, for 12-15 minutes or until sauce begins to thicken; set aside. In a bowl, combine flour, baking powder, sugar and salt. Combine egg yolks, milk and butter; stir into dry ingredients just until combined. Stir in pineapple, coconut and nuts. Beat egg whites until stiff peaks form; fold into batter (batter will be thick). Preheat waffle iron. Fill and bake according to directions. Top with pineapple sauce and additional nuts if desired.

**Nutritional Analysis** per serving (2 waffles): Calories: 446, Fat: 14 g (8 g saturated); Cholesterol: 73 mg; Sodium: 495 mg; Carbohydrates: 76 g; Fiber: 2 g; Protein: 7 g

## Pineapple Banana Bread

1 cup flour  
½ teaspoon baking soda  
½ teaspoon salt  
¼ teaspoon cinnamon  
1/8 teaspoon baking powder  
1 egg  
1/3 cup oil  
2/3 cup sugar  
2/3 cup mashed banana  
½ teaspoon vanilla  
1 (8 oz) can crushed pineapple, drained  
¼ cup chopped walnuts

In a large bowl combine flour, baking soda, salt, cinnamon and baking powder. Combine egg, oil, sugar, banana and vanilla. Add to dry ingredients, mix until just moistened. Fold in pineapple and nuts.

Pour into two greased and floured mini loaf pans.  $\frac{5}{8} \times \frac{3}{4} \times 2+$ . Bake at 350 degrees for 40 . 45 minutes. Cool for 5 minutes and then remove loaves from pans.

Recipe from Taste of Home, Oct 2008

## Veggie Omelet Roll-Up

1 teaspoon olive oil  
¼ cup finely chopped zucchini  
¼ cup finely chopped red bell pepper  
Salt and pepper to taste  
1 large egg  
1 slice Muenster cheese

Heat 1 tsp olive oil in a small nonstick skillet over medium heat. Add ¼ c each finely chopped zucchini and red bell pepper, season with salt and pepper and cook, stirring occasionally, until softened, about 3 minutes. Beat 1 large egg in a bowl; stir in cooked vegetables and a pinch of salt. Pour mixture back into skillet and cook over medium heat, turning once, until set, 1 minute per side. Place 1 slice Muenster cheese on top, and slide onto a 6-inch flour tortilla. Roll up wrap; serve.

Per serving: 310 cal, 20 gm carbs, 15 gm protein, 19 gm fat, 205 mg chol, 540 mg sodium, 2 gm fiber.

## **Zucchini Muffins** 12: servings

Start the day with a muffin and only a fraction of fat.

1  $\frac{3}{4}$  cups all-purpose flour  
 $\frac{3}{4}$  cup granulated sugar  
1  $\frac{1}{4}$  teaspoon baking powder  
2 teaspoons ground cinnamon  
 $\frac{1}{2}$  teaspoon ground nutmeg  
 $\frac{1}{4}$  teaspoon baking soda  
 $\frac{1}{4}$  teaspoon salt  
2 eggs  
 $\frac{1}{3}$  cup nonfat plain Greek yogurt  
 $\frac{1}{4}$  cup buttermilk  
1 zucchini, 7 oz., shredded, squeezed dry, = 1 cup  
2oz  $\frac{1}{3}$  less fat cream cheese, room temperature  
 $\frac{1}{2}$  cup confectioners' sugar  
 $\frac{1}{4}$  tsp vanilla  
Additional cinnamon, optional

Preheat oven to 350 F. Line 12 muffin cups with cupcake liners or coat with cooking spray.

Stir together first 7 ingredients; reserve.

In large bowl, mix eggs, yogurt and buttermilk; stir in zucchini. Stir in flour mixture until just combined. Divide among muffin cups. Bake 20-25 min. or until toothpick inserted into centers comes out clean. Cool 10 min. Transfer from pan to racks; cool.

Stir together cream cheese, confectioners' sugar and vanilla until smooth. Spread over muffins. If desired, sprinkle with cinnamon.

Calories: 169 Sodium: 169mg. Proteins: 4g., Fiber: 1g. Fat: 2g. (1g. sat.) Sugar: 18g.  
Trans fat: 0g. Chol.: 35mg. Kitchen time: 20 min. Carbs.: 33g. Total time: 1 hr. 25 min.

## **Pie Filling Coffee Cake**

1 cup sugar  
 $\frac{3}{4}$  cup canola oil  
4 eggs  
2 cups. flour  
1 teaspoon. baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 can fruit pie filling

Beat eggs sugar and oil. Add flour, baking powder and salt. Mix well. Pour  $\frac{1}{2}$  the mixture into a greased 9x13 baking pan. Spread on 1 can of pie filling. Top with remaining batter. Sprinkle top with  $\frac{1}{2}$  c sugar and 1  $\frac{1}{2}$  tsp cinnamon. Bake at 350 degrees for 30 -35 minutes.

*Recipe from Taste of Home – July 2009*