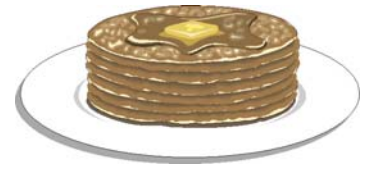


# JUMP START YOUR MORNINGS WITH BREAKFAST

## Whole Wheat Pancakes

(Serves 4)

1 cup whole wheat flour  
2 teaspoons brown sugar, packed  
1 1/2 teaspoons baking powder  
1/8 teaspoon salt  
1 large egg  
1 cup skim milk  
2 teaspoons vegetable oil



1. Preheat griddle.
2. Mix dry ingredients.
3. Beat egg, milk, and oil together.
4. Add milk mixture to dry ingredients; stir only until mixed. Batter will be lumpy.
5. For each pancake, pour 1/4 cup of batter onto hot griddle.
6. Cook until surface is covered with bubbles; turn, cook other side until light brown.

Nutrition Facts (per serving): Calories 180 ~ fat 4.5 g ~ calories from fat 40 ~ sodium 310 mg ~ total carbohydrate 28 g ~ fiber 4 g

## Spicy Sweet Potato Breakfast/Snack Cake

(Serves 9)

3/4 cup whole wheat flour  
3/4 cup all-purpose flour  
1/2 cup sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1 teaspoon ground cinnamon  
1/4 cup raisins, optional  
1 cup canned sweet potatoes, drained and mashed  
1/4 cup vegetable oil  
1/4 cup skim milk  
1 large egg, slightly beaten  
1 teaspoon vanilla



1. Preheat oven to 350 degrees F.
2. Lightly grease a 9 by 9-inch baking pan.
3. Mix dry ingredients and raisins thoroughly.
4. Mix remaining ingredients together well; add to dry ingredients. Stir until dry ingredients are barely moistened.
5. Spoon batter into baking pan.
6. Bake 25 minutes or until toothpick inserted in center comes out clean.
7. Cool on rack

Nutrition Facts (per serving): Calories 220 ~ fat 7 g ~ calories from fat 60 ~ sodium 90 mg ~ total carbohydrate 37 g ~ fiber 2 g

## Crunchy Berry Yogurt (Serves 3)

1 cup nonfat, plain or vanilla yogurt  
1 Tbsp. sugar  
1 cup canned or frozen blueberries, strawberries or raspberries  
1 cup crunchy nugget cereal



1. In a small bowl, combine yogurt, sugar and fruit.
2. To prevent cereal from losing its crunch, add yogurt mixture just before serving.

Nutrition Facts (per serving): Calories 190 ~ fat 1 g ~ calories from fat 10 ~ sodium 170 mg ~ total carbohydrate 40 g ~ fiber 4 g

## Fruit Bran Muffins (Makes 12 muffins)

1 1/2 cups whole bran cereal	1/3 cup sugar
1 cup milk	1/2 teaspoon baking soda
1 beaten egg	2 teaspoons baking powder
1/4 cup vegetable oil	1/2 teaspoon ground cinnamon
1 cup all-purpose flour	1 cup finely diced fresh fruit *



1. Combine bran cereal and milk in a bowl; let stand 5 minutes. Stir in egg and oil.
2. In another bowl, combine flour, sugar, baking soda, baking powder, and cinnamon.
3. Add bran mixture to the flour mixture and stir just until moistened. Fold in fruit.
4. Fill muffin tins that are greased or lined with paper baking cups two-thirds full. Bake at 400 degrees for about 20 minutes or until done.

**\*Fruit Choices:** apples, bananas, pears, apricots, nectarines, blueberries, raisins or other dried fruit. Canned fruit or applesauce can also be used.

Nutrition Facts (per serving): Calories 140 ~ fat 5 g ~ calories from fat 45 ~ sodium 210 mg ~ total carbohydrate 23 g ~ fiber 4 g

## Egg-Xactly Right Eggs (Serves 2)

4 medium eggs	Non-stick spray
1/4 cup low-fat milk	Salt and pepper to taste



1. Spray microwave dish with non-stick spray.
2. Crack eggs and place in mixing bowl.
3. Add milk and stir well with wire whisk or fork.
4. Pour mixture into microwave dish, cover and microwave on *high* for 4 minutes.
5. Carefully remove eggs from the microwave using potholders.
6. Remove the lid and use a fork to break the eggs into bite size pieces.
7. Add a small amount of salt and pepper or try one of the variations below. Get creative!

Nutrition Facts (per serving): Calories 160 ~ fat 11 g ~ calories from fat 100 ~ sodium 290 mg ~ total carbohydrate 4 g ~ fiber 0 g

### Variations:

#### Eggs Ole'

After you remove the eggs from the microwave, top with 2 tablespoons salsa, diced black olives and shredded cheddar cheese. Replace the lid and let eggs sit for 1-2 more minutes.

#### Pita Pocket Veggie Breakfast

Stuff a split pita pocket with the scrambled eggs, 2 tablespoons shredded mozzarella or jack cheese, and chopped vegetables of your choice such as onions, green pepper, broccoli or diced tomato.



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