

## Class 5: Planning a good breakfast - Let's practice: Putting it all together

### 1. What makes a good breakfast:

#### a. Strive for 5

- i. 5 grams of fiber
- ii. 5 grams of protein

#### b. Think three types of foods:

- i. **Whole grains for energy and fiber:** Whole grains may be cold or hot cereals; whole grain toast, English muffins, or bagels; or even leftover brown rice from dinner.



1. **Look for Whole Grain:** When choosing cereals, look at the list of ingredients on the label.
  - a. The first ingredient should be a "whole" grain, which implies less processing and less added sugar.
  - b. Consider a cereal that is fortified with a variety of vitamins and minerals.
  - c. Add variety to your morning by mixing handfuls of three different cold cereals together for a completely new taste.
  - d. Add a tablespoon of bran to your cereal for crunch, fiber, and vitamins.
  - e. **Add Your Own Sweeteners:** Instead of buying pre-sweetened and flavored hot cereals, make your own! Add applesauce, dried fruit, or diced fresh fruit; sprinkle with a small amount of brown sugar and cinnamon and enjoy!
  - f. **Avoid so-called "breakfast bars:"**
  - g. Usually the first ingredient in a bar is sugar, followed closely by refined flour.
  - h. Most breakfast bars are nutritional in name only. Instead,
  - i. Opt for whole grain toast, bagels or English muffins. Top with peanut butter, jam, or even cottage cheese sprinkled with cinnamon.

**2. Fruit for even more fiber and for vitamin power:**

Many people eat fruit only once a day: with breakfast. You may gag at the thought of a banana every day, but we can be more creative than that!

Generally, avoid fruit juice because it is a lot of calories and sugar, without the fiber, so it doesn't help fill you up.



- a. Fresh berries taste great on a host of cold cereals.
  - b. Melon mixed with oatmeal is a real treat.
  - c. Make fruit salad for dinner, and eat the leftovers for breakfast, mixed with yogurt and low-fat granola.
  - d. Make a "pizza" from leftover or frozen pancakes or waffles: top with yogurt, add cut-up fruit and a drizzle of maple syrup.
- 3. Protein for lasting energy:** Foods containing protein add additional punch to breakfast. They also keep our hunger satisfied longer and make breakfast a complete meal.
- a. Dairy products such as milk and yogurt are excellent sources of protein.
  - b. The traditional egg for breakfast also supplies protein, but often with a not-so-healthy dose of fat.
    - i. Try poached or boiled eggs with whole grain toast.
    - ii. You can even make your own "egg McMuffin": Top a whole-grain English muffin with an egg (fried in a non-stick skillet with cooking spray) and a slice of low-fat cheese.
  - c. Instead of high-fat sausage or bacon, try Canadian bacon. It has far less fat than regular bacon, with a wonderful taste.
  - d. Many people like egg substitutes. Make them into omelets filled with vegetables; scramble with bits of Canadian bacon; try them in French toast!

## 2. Planning breakfast

### A. The quick breakfast

1. Think about uncooked foods
2. Remember to include all three types of food – fruit (F), whole grains (WG) and protein (P)
3. Examples:
  - Peanut butter (P), banana (F) and whole wheat tortilla (WG) wrap
  - Fruit and Yogurt smoothie (F & P) with whole wheat toast (WG)
  - Homemade granola bar (WG & F & P) with a glass of low-fat milk (P)
  - Strawberry-Banana Parfait (P & F & WG)

### B. The plan ahead breakfast

1. Think about using leftover
2. Prepare it the night before so you spend less time in the morning
3. Examples:
  - Leftover cooked brown rice (WG) with diced fresh, canned, or dried fruit (F) and low-fat milk (P)
  - Fruit Wraps (WG & F) with Dipping Sauce (P) with a glass of low-fat milk (P)– Make wraps the night before and bake them in the morning
  - Breakfast in a Cup (Made ahead and frozen) (P) on toasted whole grain English muffin (WG) with fresh fruit (F)

### C. The brunch

1. Brunch = Breakfast + Lunch
2. Think about leisurely meal that is heartier than breakfast
3. You still need to include all three food groups
4. Examples:
  - Fresh fruit and yogurt parfaits (F & P), pancakes from the pantry (WG) with unsweetened applesauce (F),

- grilled ham or Canadian bacon and/or scrambled eggs P)
- Fruit smoothies (F & P) with baked apple oatmeal (WG & F) and toasted whole grain bread (WG)
- Baked Whole Grain Stuffed French Toast\*(WG & P), bacon or sausage(P), Fruit cup (F)

### **\*Baked Whole Grain Stuffed French Toast (serves 4)**

#### **Ingredients**

Whole grain hoagie buns, Kaiser rolls or dinner rolls – enough to make 8 1 ½ inch thick slices

4 oz. low-fat cream cheeses

2 Tbsp. fruit preserves (I use the no sugar preserves, strawberry, peach or apricot are favorites)

1- 5 oz. can evaporated skim milk

¾ cup cholesterol free egg substitute

1 tsp vanilla

Non-stick cooking spray

#### **Topping**

¼ cup brown sugar Splenda

¼ cup sliced almonds

¼ cup uncooked whole oats

2 Tbsp. pancake syrup

#### **Directions**

1. Spray a 9X13” baking pan with non-stick spray and set aside
2. Cut buns into 1 ½ inch slices and cut a 1-2” deep “pocket” into one side of each slice. Set aside.
3. Whip cream cheese and preserves using a hand mixer until it is light and fluffy.
4. Use a small spatula or table knife to spread about 1 Tbsp. filling in the pocket of each slice of bread.
5. Place stuffed bread slices flat in a single layer in prepared pan.

6. Combine evaporated skim milk, egg substitute and vanilla. And pour over stuffed bread slices. Cover tightly with foil and refrigerate over-night.
7. Pre-heat oven to 375°. Place covered French toast in oven for 30 minutes. While baking, combine topping ingredients.
8. Remove foil, sprinkle topping over French toast, return toast to oven and bake an additional 10-15 minutes until browned. Remove from oven and serve hot.