

Breakfast Bonanza



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Did you know bonanza means “a source that yields great riches or success”? A healthy breakfast and great start to the day will definitely yield success. In fact, it has been proven that kids who eat breakfast have better mental function, higher metabolism, more energy and perform better in school. These results are proof breakfast can be a bonanza.

Our digestive system needs success too. After a long 8-hour fast, a healthy breakfast rich with fiber will get our digestive system moving for the day. While we sleep, our bodies do a routine clean up and leave the trash ready for fiber to come along and sweep it out of the body. No fiber in the breakfast meal—no sweeping out of the trash. So, the trash will have to either go back to where it started or wait for fiber at lunch to move it along. Protein combined with fiber will provide satiety and maintain a healthy glucose level—a true bonanza.

High sugar breakfast contributes to kids and adults getting hungry early in the mid-morning and reaching for another sweet treat to hold them over till lunch. The best breakfast bonanza choice is a meal high in fiber and protein. There are several great selections in this section.



Better Butters

Honey Butter

Easy to make yourself.

- » ½ cup honey
- » ¼ cup butter softened

1. *Place ingredients in the blender and blend until smooth. Store in refrigerator. Yummy!*

Strawberry Butter

- » ½ cup (120 ml) fresh or drained thawed strawberries
- » ½ stick of butter
- » ⅓ cup (75 ml) honey

1. *Blend in blender.*

Flavorful Variations

- * substitute cranberries, raspberries or blueberries in place of strawberries

Nut Butter

- » 2 cups (470 ml) cashews, almonds or peanuts—raw and unsalted
- » 3 tablespoons unrefined organic vegetable oil or oil of your choice, divided
- » ¼ teaspoon salt
- » 1 teaspoon honey, optional

1. *Process nuts, 2 tablespoons oil, salt, and sugar or honey 30 seconds in high performance blender. Purée to spreading consistency, adding remaining oil if needed. Store in airtight container in the refrigerator. Makes 2 cups (470 ml).*

Satisfying Syrups

Maple Syrup

- » 1½ cups (360 ml) water
 - » 1 cup (240 ml) sucanat with honey or honey crystals
 - » ½ cup (120 ml) honey
 - » 1 tablespoon maple flavoring or vanilla
1. *Combine water, sucanat, and honey in saucepan.*
 2. *Bring to boil. Remove from heat and add flavoring.*

Flavorful Variations

- * blueberry, raspberry, strawberry, rhubarb

Chocolate Syrup

- » 1 cup (240 ml) agave or honey
 - » 1 cup (240 ml) dark cocoa powder—organic
 - » Dash salt
 - » 1 cup (240 ml) water
 - » 1 tablespoon vanilla
1. *Mix agave or honey, cocoa, and salt in saucepan. Add water.*
 2. *Bring to boil. Reduce heat and add vanilla. Cool and store in refrigerator.*

Flavorful Variations

- * For a hot or cold drink mix 2 tablespoons of syrup and 1 cup (240 ml) milk and then heat slowly for a warm drink. Or use as a syrup over ice cream. Shake well with each use.

Tasty Toppings

Fresh Fruit Topping

Great on pancakes, waffles, shortcake, and ice cream.

- » 2 cups (470 ml) fresh berries of your choice
- » ½ teaspoon vanilla
- » ¼ teaspoon cinnamon—optional

1. *Blend 1 cup (240 ml) of berries in blender until smooth. In bowl combine pureed fruit, vanilla, cinnamon, and 1 cup (240 ml) chopped berries.*
2. *Mix well. Serve chilled or at room temperature.*

Strawberry Topping

Serve over pancakes, waffles, yogurt, or ice cream

- » ½ cup (120 ml) fresh or frozen strawberries—crushed
- » ½ cup (120 ml) cold water
- » 2 tablespoons organic cornstarch
- » 2 tablespoons honey
- » 1½ cups (360 ml) fresh or frozen strawberries—quartered

1. *Blend together the crushed strawberries, water, cornstarch and honey. Cook over medium heat, stirring constantly, until thickened and clear. Stir in the quartered strawberries and heat through.*



Strawberries

Red, juicy and cone-shaped, the strawberry is a common berry to be grown by even the beginner gardener. Buy strawberries with the cap still on and do not remove or wash until ready to eat. Or better yet, eat the cap; it is loaded with phytonutrients.



Baked French Toast

- » 1 stick butter
- » 1 cup (240 ml) sucanat with honey or honey crystals
- » 6 slices whole wheat bread
- » 6 eggs
- » 1¼ cups (300 ml) milk
- » 1 teaspoon vanilla
- » 1 teaspoon salt
- » 1 tablespoon cinnamon

1. *Melt butter in 13" x 9" pan. Add sucanat to butter and spread over pan. Place bread slices in pan.*
2. *In mixing bowl, beat eggs. Add milk, vanilla, salt, and cinnamon. Pour egg mixture over bread slices. Refrigerate overnight.*
3. *In the morning Preheat oven: 350°F (180°C) Bake uncovered for 35-40 minutes. Top with fresh fruit, nuts, or maple syrup.*

Makes 8 servings.

Breakfast Casserole

- » 9 eggs—beaten
- » 2½ cups (590 ml) low-fat non-homogenized milk or soy milk
- » 1½ teaspoons dry mustard
- » 1 teaspoon salt
- » 3 slices whole wheat bread—cubed
- » 1½ cups (360 ml) cheddar cheese
- » 1 pound (454 grams) cooked and crumbled turkey sausage

1. *Mix all ingredients together and pour into 9" x 13" dish. Cover and refrigerator overnight.*
2. *Preheat oven: 350°F (180°C).*
3. *Bake uncovered for 1 hour. Cut in squares and serve hot.*

Makes 8 servings.

Breakfast Parfait

- » 1 cup (240 ml) quick oats
- » 2 cups (470 ml) vanilla yogurt
- » 1 8 ounce (224 g) can crushed pineapple, do not drain
- » 2 cups (470 ml) sliced strawberries, bananas, blueberries, or peaches
- » 2 tablespoons sliced almonds

1. *Combine oats, yogurt, and pineapple. Refrigerate overnight.*
2. *Layer oatmeal mixture with fruit and top with almonds. This will keep refrigerated for one week.*

Makes 8 servings.