

Smart Choices

A Community Nutrition
Education Program



Grains

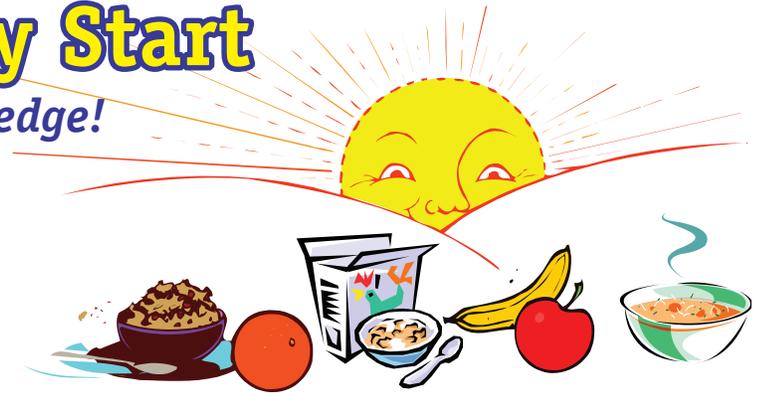
Wake to a Healthy Start

Breakfast gives you the healthy edge!

People who eat breakfast think better, feel peppier, have better attitudes toward school or work and miss fewer days.

Use this quick and nutritious breakfast pattern:

- Instant oatmeal
- Fortified cereal
- Fruit or 100% fruit juice
- Skim milk
- Bran muffins (see recipe)



Don't be a breakfast skipper —
Try these breakfast tips to save time.

▶ **Select foods that are ready-to-eat or take little time to prepare.**

- Ready-to-eat cereal, yogurt, canned fruit, instant oatmeal.
- Need easy preparation such as toasting or mixing.

▶ **Select foods that you can take on the go.**

- Fruit, toast, low-fat granola bar, glass of milk or juice, fruit smoothie or drinkable yogurt.

▶ **Prepare breakfast foods the night before.**

- Cut up fruit, measure dry ingredients for muffins or pancakes.

▶ **Wake up earlier.**



BRAN MUFFINS

- 1 (15-ounce) package raisin bran cereal
- 5 cups flour
- 3 cups sugar
- 2 teaspoons salt
- 5 teaspoons baking soda
- 1 quart buttermilk
- 4 eggs, beaten
- 1 cup cooking oil



Muffin liners made with aluminum foil, if you like.

Preheat oven to 400 degrees F. Prepare the muffin pans by greasing lightly with shortening, spraying with vegetable spray or placing a paper muffin cup liner in each cup. If you don't have muffin pans, use muffin liners made with aluminum foil. These can be placed on a cookie sheet and you don't need muffin pans. Mix together all ingredients in a very large bowl that has a tight-fitting lid.

To bake, fill each muffin section almost to the top with the batter. Bake at 400 degrees F for 15 minutes. Bake the amount of muffins you want and refrigerate the remaining batter. Or, bake all of the batter at once and freeze baked muffins to eat later. Pop frozen muffins in the microwave or heat in the oven for a quick breakfast as needed. Muffin batter can be kept covered in the refrigerator up to six weeks. Makes 38 muffins.

Nutritional analysis per muffin: 225 calories (percentage of calories from protein 8%, carbohydrate 65% and fat 27%), 3 grams dietary fiber, 325 mg sodium, 1.5 mg iron.

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