

# Everyday Healthy

## SERIES



### **Morning Smoothie**

Great tasting Rice or Soy Dream Enriched is a cholesterol free and lactose free powerhouse of nutrition, vitamins and minerals.

- 1 frozen banana
- 2 large frozen strawberries
- 1 1/2 cups (375 mL) Rice or Soy Dream Enriched Vanilla or milk
- 1/2 cup (125 mL) orange juice (optional)
- Ice cubes (optional)

In blender, blend banana, strawberries, Rice Dream, orange juice and ice cubes, if using until smooth.

Makes 1 serving.

### **Muesli**

This is a true quick breakfast and great to keep on hand. Combine it with equal amounts of milk, soy or rice beverage or water for breakfast and top stir in some fruit yogurt. Store in resealable bag or airtight container at room temperature for up to 1 month.

- 2 cups (500 mL) large flake oats
- 3/4 cup (175 mL) oat or wheat bran
- 3/4 cup (175 mL) sliced almonds
- 1/2 cup (125 mL) shelled sunflower seeds
- 1/4 tsp (1 mL) cinnamon (optional)

In large resealable plastic bag combine oats, oat bran, almonds, sunflower seeds and cinnamon. Using rolling pin, crush mixture together until coarse crumbs. Shake bag to combine mixture.

Makes about 3 1/3 cups (825 mL).

To use: Combine 1/3 cup of Muesli with 1/3 cup of milk, soy or rice beverage or water. Cover and refrigerate over night. In the morning, combine with fruit yogurt and enjoy cold or pop it in the microwave for a hot breakfast.

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## **Back Bacon Omelette**

The flavour of the bacon and freshness of peppers brings out this omelette in style. A hint of basil adds freshness and flavour.

1 tsp (5 mL) butter or canola oil  
1/2 cup (125 mL) liquid egg  
1 tbsp (15 mL) chopped fresh basil or 1/2 tsp (2 mL) dried  
1 tbsp (15 mL) grated Parmesan cheese  
Pinch pepper  
2 slices back bacon or ham, chopped  
Quarter sweet red or green pepper, chopped

In small non-stick skillet, melt butter over medium high heat. In bowl, using fork, stir together eggs, basil, cheese and pepper. Pour into skillet and cook for about 5 minutes lifting edges to allow uncooked eggs underneath until almost set.

Add bacon and pepper over half of the omelette. Using spatula, fold over other half and cook for 1 minute. Slide onto plate.

Makes 1 serving.

Variations: Try other fillings like 1/2 cup (125 mL) cooked chopped spinach or Swiss chard or asparagus or 1/4 cup (50 mL) low fat Swiss or havarti cheese.

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## Stuffed French Toast

This French toast is scrumptious with your favourite jam or maple syrup on top too!

- 1 loaf whole wheat bread, unsliced
- 3 bananas, peeled and sliced
- 1/4 cup (50 mL) packed brown sugar
- 4 eggs
- 1 cup (250 mL) milk or soy or rice beverage
- 1 tbsp (15 mL) granulated sugar
- 1 tbsp (15 mL) vanilla
- 1/4 cup (50 mL) butter

Cut ends off loaf and reserve for another use. At one end, start slicing a 1/4 inch thick slice cutting almost all the way through the loaf vertically to form a pocket. Cut the next slice all the way through, to form a 1/2-inch piece of bread. Repeat with remaining loaf to get 10 to 12 pieces of bread.

Divide banana slices inside bread pockets and sprinkle with brown sugar; set aside. In large shallow bowl, whisk together eggs, milk, sugar and vanilla until combined. Dip each stuffed bread slice into egg mixture and let excess drip off.

Meanwhile, in large non-stick skillet, melt some of the butter over medium-high heat. Cook egg coated bread in batches, adding more butter as necessary, for about 2 minutes on first side or until golden. Turn over and cook another 2 to 3 minutes or until golden brown and crisp.

Makes 10 to 12 pieces.

Need to pack more punch into this breakfast? Fill the pocket with peanut or apple butter and your favourite fruit like thinly sliced apples, berries or what about a few mini chocolate chips?