

BREAKFAST

Make breakfast a priority. It's the most important meal of your day, recharging your brain and speeding up your metabolism after an overnight “fast.” These delicious morning meals—filled with high-fiber grains, fresh dairy, and fruit—will nourish your body and sustain you through the early part of your busy day. With our tips for advance preparation and minimum fuss, you can wake up to Apricot and Muesli Muffins, Breakfast Pockets, French Toast with Berry Compote, Ricotta Blueberry Hotcakes, and more.

ORANGE MUESLI

Serves 2

Muesli, which means “mixture” in German, was developed as a health food in the late 1800s. Prepared with a variety of low-GI natural ingredients, this convenient dish is still a smart way to start the day.

SOAKING TIME: OVERNIGHT PREPARATION TIME: 5 MINUTES

- 1 cup rolled oats
- $\frac{1}{4}$ cup raisins
- 1 cup orange juice
- 1 apple, unpeeled and grated
- 2 tablespoons low-fat plain yogurt
- $\frac{1}{4}$ cup blueberries
- 4 strawberries, sliced

1. The night before, place the oats, raisins, and orange juice in a bowl. Cover and leave in the refrigerator overnight.
2. In the morning, add the apple and yogurt and mix well. Serve in 2 bowls topped with the blueberries and strawberries.

Per serving: 345 calories, 68 g carbohydrates, 8 g protein, 4 g fat, 7 g fiber

THREE-GRAIN MUESLI

(photo on page 49)

Makes 32 (2-ounce) servings

This recipe makes a large batch that can be used for meals or snacks on the run. Store the muesli in an airtight container for up to a month.

PREPARATION TIME: 10 MINUTES COOKING TIME: 25 TO 35 MINUTES

COOLING TIME: 30 MINUTES

- 7½ cups rolled oats
- 2 cups rye or barley flakes (or use extra oats)
- ½ cup sesame seeds
- 1½ cups sliced almonds
- 1 cup wheat germ
- 1½ cups mixed dried fruit, such as peaches, pears, apricots, apples
- 2 cups raisins
- ½ cup pumpkin seeds
- 1 cup sunflower seeds

1. Preheat the oven to 350°F. Spread half the rolled oats and half the rye or barley flakes on a large ungreased baking sheet. Bake for 10 to 15 minutes, stirring several times, until the oats are golden brown (take care they don't burn). Spread onto a large plate or tray to cool. Repeat with the remaining oats and rye or barley.
2. Put the sesame seeds and almonds on the pan and bake for 3 minutes, stirring occasionally, or until toasted and golden. Allow to cool for 30 minutes.
3. Combine the toasted oats, rye or barley, sesame seeds, and almonds with the wheat germ, dried fruit, raisins, pumpkin seeds, and sunflower seeds. Mix well.

Per serving: 235 calories, 30 g carbohydrates, 7 g protein, 10 g fat, 5 g fiber

Recipe: Dr. Rosemary Stanton

NATURAL TOASTED MUESLI

Makes 12 (⅓ cup) servings

While this muesli is relatively high in fat, most of it comes from the “healthy” fats in the nuts and seeds. Serve with low-fat milk or yogurt, and fresh fruit in season.

PREPARATION TIME: 15 MINUTES COOKING TIME: 35 MINUTES

COOLING TIME: 30 MINUTES

- 2½ cups rolled oats
- 2 cups rolled rye
- ½ cup raw unsalted pumpkin seeds
- ⅓ cup sunflower seeds
- ¼ cup almonds, chopped
- ¼ cup hazelnuts, chopped
- 1 cup dried apricots, chopped
- 1 cup raisins

1. Preheat the oven to 350°F.
2. In a large baking dish, combine the oats, rye, pumpkin seeds, sunflower seeds, and nuts. Stir to mix well.
3. Bake for 35 minutes, until lightly toasted, stirring several times during cooking.
4. Cool 30 minutes. Add the apricots and raisins. Stir to mix well.

Per serving: 304 calories, 41 g carbohydrates, 9 g protein, 12 g fat, 6 g fiber



COOK'S TIPS

Rolled rye is available in natural food stores. Rolled oats or triticale may be substituted.

Store the muesli in an airtight container in a cool, dark place for up to one month.

HIGH-TEST GRANOLA

Makes 18 (½ cup) servings

Make this recipe just once, taste it just once, and store-bought granola will be wiped off your shopping list forever!

PREPARATION TIME: 5 MINUTES COOKING TIME: 25 MINUTES

COOLING TIME: 30 MINUTES

- Canola oil spray
- ½ cup pure floral honey
- 6 cups old-fashioned oats (not quick oats)
- ¾ slivered almonds (or any other nut, such as pecans, cashews, or walnuts), toasted
- ¼ cup ground flaxseed
- ¼ cup soy nuts
- 1 tablespoon ground cinnamon
- 1 cup dried blueberries and currants (or any other combination of dried fruit, except dates)

1. Lightly coat a large baking pan (10" x 9" x 2½") with oil spray. Add the honey. Place the pan in a cold oven. Turn oven to 350°F. Warm for 5 minutes, or until honey has melted.
2. Meanwhile, in a large bowl, combine the oats, almonds, flaxseed, soy nuts, and cinnamon. Mix well.
3. Remove the pan of melted honey from the oven. Add the oat mixture to the baking pan. Spread and turn to coat well with honey.
4. Bake for 25 minutes, or until the oats are well toasted, turning every 5 to 6 minutes. Remove from the oven. Cool 30 minutes.
5. Add the dried fruit. Store in airtight container.

Per serving: 200 calories, 31 g carbohydrates, 7 g protein, 5 g fat, 5 g fiber

APPLE 'N' OATS BREAKFAST PUDDING

Serves 4

Here is a fabulous invitation to a great day! When you taste the combination of these flavors, you'll know they were made for each other.

PREPARATION TIME: 5 MINUTES COOKING TIME: 35 MINUTES

- Canola oil spray
- 2 cups fat-free milk
- 3 tablespoons brown sugar
- 1 tablespoon reduced-fat margarine spread or light butter
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon salt
- 1 medium baking apple (peeled, cored, and diced)
- 1 cup rolled oats
- 1 teaspoon vanilla extract
- ¼ teaspoon grated nutmeg
- 1 tablespoon cream (optional)

1. Preheat the oven to 350°F. Lightly coat a 1-quart baking dish with oil spray.
2. Combine the milk, sugar, margarine or butter, cinnamon, and salt in a 2-quart saucepan. Cook over high heat for 4 minutes to scald the milk.
3. Add the apple and the oats. Continue cooking on high for 1 minute. Remove from heat and stir in the vanilla.
4. Pour the mixture into the prepared baking dish. Bake for 15 minutes.
5. Remove from the oven. Stir the mixture thoroughly. Sprinkle the top with nutmeg. Return to the oven and bake for 15 minutes.
6. Serve warm with cream, if desired.

Per serving: 166 calories, 27 g carbohydrates, 8 g protein, 3 g fat, 3 g fiber



COOK'S TIP

Good baking apples are Macintosh, Cortland, Jonathan, Winesap, and Rome Beauty.

TRADITIONAL SCOTTISH PORRIDGE

Serves 2

Many traditional Scottish meals are both rich in nutrients and have a low GI. Oats were once a staple of Scotland, used not only to make porridge, but incorporated in baked goods and in many dishes as a thickener. If you have never tasted old-fashioned porridge, give this recipe a try.

SOAKING TIME: OVERNIGHT COOKING TIME: 10 TO 15 MINUTES

- 1 cup steel-cut oats
- ½ teaspoon salt
- Muesli (optional)
- 1 cup low-fat milk

1. The night before, combine the oats, salt, and 3 cups water in a nonstick saucepan and soak overnight (there is no need to refrigerate, except in very hot weather).
2. In the morning, put the saucepan over medium heat, bring to a boil, then reduce the heat and simmer for 10 minutes, stirring occasionally.
3. Spoon the porridge into bowls and sprinkle with a little muesli, if desired. Traditionally, the steaming bowls of porridge are served with a cup of milk on the side. Take half a spoonful of hot porridge and fill the rest of your spoon with the cold milk.

Per serving: 225 calories, 40 g carbohydrates, 10 g protein, 5 g fat, 3 g fiber



COOK'S TIP

Seek out steel-cut oats if you can, as they do taste better. You can find them in health food stores and some supermarkets. Failing this, rolled oats are almost as good. (Rolled oats are simply steamed and flattened oats—the partial cooking of these reduces the flavor but does shorten the cooking time.) If you are using rolled oats, use 1 cup oats and 2½ cups water and reduce the cooking time to 3–5 minutes. There is no need to soak the rolled oats overnight.

MIXED GRAIN CEREAL WITH DRIED FRUIT COMPOTE AND YOGURT

(photo on page 50)

Serves 4

For an aromatic addition, grate a bit of fresh lemon or orange peel over the compote.

PREPARATION TIME: 10 MINUTES COOKING TIME: 15 MINUTES

- 2/3 cup dried apples
- 1/3 cup dried apricots
- 1/4 cup pitted prunes
- 4 cups water, divided
- 1 cinnamon stick
- 3/4 cup rolled oats
- 3/4 cup rolled barley
- 6 1/2 ounces Stonyfield Farm low-fat vanilla yogurt

1. Combine the apples, apricots, prunes, 1 cup water, and the cinnamon stick in a medium saucepan. Bring to a boil, then reduce the heat, partially cover, and simmer for 10 to 15 minutes, or until the fruit is soft. Discard the cinnamon stick and cool slightly.
2. Meanwhile, place the oats and barley in another saucepan and add 3 cups of water. Bring to a boil, then reduce the heat and simmer for 3–5 minutes, stirring frequently, until creamy.
3. Spoon the oatmeal into serving bowls, top with the fruit compote, and drizzle with some of the fruit cooking liquid. Add a dollop of yogurt and serve immediately.

Per serving: 300 calories, 65 g carbohydrates, 9 g protein, 2.5 g fat, 8 g fiber



COOK'S TIPS

Rollled barley is sold in health food stores. Rolled oats or triticale may be substituted.

The compote can be made up to three days in advance. Refrigerate until required, then reheat, or serve cold.

FRUITY QUINOA PORRIDGE

(photo on page 51)

Serves 4

Quinoa (pronounced *keen-wa*) is a tiny, quick-cooking grain. It is rich in nutrients and has less than 5 percent fat, with no saturated fat, and a low GI of 53. Quinoa has a mild, nutty flavor and a slightly chewy texture. Look for it in larger supermarkets or health food stores.

PREPARATION TIME: 10 MINUTES COOKING TIME: 15 MINUTES

- 1 cup quinoa
- 2½–3 cups fat-free milk, divided
- 1 apple, chopped with skin on
- ⅓ cup raisins
- 1 cinnamon stick or ½ teaspoon ground cinnamon
- 1 tablespoon pure floral honey

1. Put the quinoa in a sieve and rinse well under cold running water. Transfer the quinoa into a saucepan. Pour in 2 cups of the milk. Bring to a boil, then reduce the heat and simmer for 5 minutes. Add the apple, raisins, and cinnamon and simmer for 5 to 6 minutes, or until all of the liquid is absorbed. Remove the cinnamon stick, if using.
2. Serve the quinoa porridge in small bowls. Drizzle the honey over the top and serve with the remaining ½ to 1 cup fat-free milk, warmed, if desired.

Per serving: 290 calories, 54 g carbohydrates, 13 g protein, 3 g fat, 4 g fiber

BREAKFAST FRUIT LOAF

Makes 12 slices

Although it is difficult to predict the GI of baked foods containing flour, we know that fruit loaves have a lower GI because some of the flour is replaced with dried fruit. This loaf is also packed with the fiber needed for a healthy digestive system. Top with light cream cheese.

SOAKING TIME: 30 MINUTES PREPARATION TIME: 10 MINUTES

COOKING TIME: 1 TO 1¼ HOURS

- ¾ cup All-Bran cereal
- 1½ cups fat-free milk
- 1½ cups whole wheat pastry flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¾ cup raisins
- ⅔ cup dried apricots, chopped into small pieces
- ¼ cup pitted prunes, chopped into small pieces
- ⅓ cup dark brown sugar
- 4 tablespoons pure floral honey

1. Put the cereal in a bowl, pour the milk over it, and soak for 30 minutes. Preheat the oven to 350°F.
2. Sift the flour, baking powder and salt into a bowl. Stir in the cereal mixture, along with any wheat particles left in the sieve. Stir in the raisins, apricots, prunes, sugar, and honey and mix well.
3. Spoon the mixture into a nonstick 8" x 4" x 2½" loaf pan (or brush the pan with oil to prevent sticking) and level off the top. Bake for 1 to 1¼ hours, or until the loaf is baked through and golden brown on top.
4. Allow the loaf to cool a little in the pan before turning it out onto a wire rack to cool completely. The loaf will store for several weeks if wrapped in aluminum foil and kept in an airtight container.

Per slice: 170 calories, 38 g carbohydrates, 4 g protein, 1 g fat, 4 g fiber

BREAKFAST POCKETS

Serves 2

Breakfast is the most important meal of the day. This simple egg-filled pita is loaded with nutrients and long-lasting energy. Can you think of a better way to say “Good morning” to your body?

PREPARATION TIME: 5 MINUTES COOKING TIME: 8 MINUTES

2 strips center-cut bacon	Freshly ground black pepper
2 scallions, green part only	Canola oil spray
4 eggs	2 whole wheat pitas (2 ounces each)
Salt	4 tablespoons salsa

1. Place the bacon strips in a preheated nonstick skillet and cook over medium-high heat for 1 minute on each side (be careful of splattering). When done, remove the strips from the skillet and drain on paper towels. When cooled, crumble the bacon into a small dish.
2. Clean the skillet with paper towels and set aside.
3. Wash and pat dry the scallions. Cut them into thin horizontal slices and place in another small dish.
4. In a small mixing bowl, whisk the eggs and a pinch each of salt and pepper. Lightly coat the skillet with oil spray and preheat (avoid burning). Add the egg mixture, stirring frequently, especially around the edges, until scrambled, approximately 3 minutes. Remove the eggs to a separate dish and keep warm.
5. Reduce heat to low and warm each pita on both sides in the skillet, then cut them in half.
6. Divide the eggs, bacon, and scallions in fourths. Fill each pita pocket in this order: eggs, bacon, scallions. Top each pocket with a tablespoon of salsa. Serve immediately.

Per serving: 330 calories, 37 g carbohydrates, 20 g protein, 13 g fat, 5 g fiber



COOK'S TIPS

Other lean choices are Canadian bacon or vegetable protein breakfast strips.

Try a fruit-based salsa, like peach and chipotle, with no preservatives.

FRENCH TOAST WITH BERRY COMPOTE

(photo on page 52)

Serves 4

Enjoy this berry compote using your favorite mix of fresh or frozen berries—strawberries, raspberries, blackberries, blueberries, or boysenberries. Berries don't ripen once they're picked, so choose carefully—the deeply colored ones tend to be the sweetest and have the most flavor.

PREPARATION TIME: 5 MINUTES COOKING TIME: 15 MINUTES

- 1 cup mixed berries
- 2 eggs
- 2 tablespoons low-fat milk
- 4 slices Breakfast Fruit Loaf (page 68) or whole wheat raisin bread
- 2 tablespoons pure maple syrup

1. Put the berries in a small saucepan and gently heat until they are warm and have softened.
2. Meanwhile, break the eggs into a flat-bottomed dish, add the milk, and whisk with a fork to combine. Add the slices of fruit loaf or bread and coat well on both sides with the egg mixture.
3. Heat a nonstick frying pan over medium heat and dry-fry 2 slices of the eggy bread for 3 minutes on each side, or until brown. Repeat with the remaining 2 slices. Cut the bread in half and serve topped with the warm berries and 2 teaspoons of the maple syrup.

Per serving: 215 calories, 37 g carbohydrates, 7 g protein, 4 g fat, 4 g fiber



COOK'S TIP

Berries are best eaten as soon as possible after you have purchased them. If you need to keep them for a day or two, here's how to minimize mold. Take them out of the container and place on a couple of layers of paper towel. Cover loosely with plastic wrap and store in the refrigerator. Don't wash them until you're ready to use them.

SOURDOUGH FRENCH TOAST WITH PEACHES

Serves 4

Sourdough and sprouted wheat breads are among the best choices for low-GI loaves.

PREPARATION TIME: 10 MINUTES COOKING TIME: 8 MINUTES

- 2 eggs
- 1 cup low-fat milk
- 1 tablespoon pure maple syrup
- Pinch of grated nutmeg
- Canola oil spray
- 4 slices of Alvarado Sprouted Sourdough French Bread, each about ¾" thick
- 4 fresh peaches, sliced

1. In a shallow bowl, combine the eggs, milk, maple syrup, and nutmeg. Whisk to blend. Lightly coat a nonstick frying pan with oil spray and set over a medium heat.
2. Dip the bread in the egg mixture and turn to coat completely. Place the bread in the pan and cook for 2 to 3 minutes on each side, or until golden brown. Set aside and keep warm.
3. Lightly coat the pan with oil spray, and cook the peach slices for 1 to 2 minutes on each side, until just softened. Serve the French toast topped with the peaches.

Per serving: 226 calories, 42 g carbohydrates, 10 g protein, 5 g fat, 2 g fiber



COOK'S TIP

Sourdough and sprouted wheat breads are among the best choices for low-GI loaves.

BUCKWHEAT PANCAKES WITH BERRIES

(photo on page 53)

Serves 4

Buckwheat is not a cereal grain like wheat but is actually the seed of an annual that's related to sorrel and rhubarb. It has a nutty flavor and is ground into a gritty flour for making pancakes, muffins, cookies, cakes, Russian blini, and soba noodles.

PREPARATION TIME: 10 MINUTES COOKING TIME: 10 TO 15 MINUTES

- 1 cup buckwheat flour
- ¼ cup stone-ground whole wheat flour
- 1½ teaspoons baking powder
- 2 tablespoons raw sugar
- 2 eggs, lightly beaten
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- Canola oil spray
- 4 tablespoons low-fat plain yogurt
- 1 cup blueberries

1. In a mixing bowl, combine the flours, baking powder, and sugar. Stir to mix. Make a well in the center and pour in the eggs, buttermilk, and vanilla extract and whisk until smooth. Add a little more milk if the batter is too thick.
2. Heat a frying pan over medium heat. Coat with oil spray. Pour ¼ cup of the mixture into the pan and cook for 1 to 2 minutes each side, or until the pancake is golden and cooked. Repeat with the remaining mixture, to make 8 pancakes in total.
3. Serve 2 pancakes per person. Top with yogurt and blueberries.

Per serving: 252 calories, 39 g carbohydrates, 11 g protein, 5 g fat, 5 g fiber



COOK'S TIP

Raw sugar, such as demerara or turbinado, is sold in health food stores and some supermarkets. Good-quality brown sugar may be substituted.



ACTIVITY TIP

Buy a pedometer and wear it on your waistband every day. Make it your goal to reach 10,000 steps on most days.

RICOTTA BLUEBERRY HOTCAKES

Serves 4

Keep cooked hotcakes warm on a heatproof plate covered with aluminum foil in a very low oven (250°F) while cooking the remaining batter.

PREPARATION TIME: 10 MINUTES COOKING TIME: 7 MINUTES

- ½ cup + 2 tablespoons reduced-fat ricotta cheese
- ½ cup low-fat milk
- 2 eggs, separated
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla extract
- ½ cup stone-ground whole wheat flour
- ¾ teaspoon baking powder
- ¼ teaspoon salt
- 1 cup fresh or frozen blueberries
- Canola oil spray
- 6½ ounces Stonyfield Farm low-fat French vanilla yogurt

1. Place the ricotta in a large mixing bowl and mash with a fork. Add the milk, egg yolks, sugar, and vanilla. Stir with a wooden spoon to mix. In a separate bowl, mix the flour, baking powder, and salt together. Fold it into the ricotta mixture with a large metal spoon or rubber spatula until just combined. Do not overbeat.
2. In a mixing bowl with electric beaters, whip the egg whites until firm peaks form. Gently fold into the ricotta mixture, along with the blueberries.
3. Lightly coat a large nonstick frying pan with oil spray. Set over low heat. Drop ¼ cupfuls of the batter into the pan, and cook for 2 minutes, until golden underneath. Flip and cook 1½ minutes, or until the hotcakes have risen and are golden brown and cooked through. Repeat with the remaining batter, to make 8 hotcakes. Serve immediately with dollops of yogurt.

Per serving: 262 calories, 32 g carbohydrates, 15 g protein, 8 g fat, 3 g fiber

APRICOT AND MUESLI MUFFINS

Makes 12

Nothing beats muffins warm from the oven—even on a busy weekday morning. The night before, combine the dry ingredients in a mixing bowl and the wet ingredients in a covered container in the refrigerator, and also oil the muffin pan. In the morning, you'll need less than 10 minutes to mix the batter and plop it in the muffin cups. When you get out of the shower, your piping hot pastries will be ready.

PREPARATION TIME: 10 MINUTES COOKING TIME: 20 MINUTES

Canola oil spray

2 cups self-rising flour

1½ cups Natural Toasted Muesli (page 46)

1 cup (about 6 ounces) coarsely chopped dried apricots

1 teaspoon baking powder

1 cup apple juice

¼ cup pure floral honey

3 tablespoons canola oil

1 egg

1. Preheat the oven to 375°F. Lightly coat a 12-cup muffin pan with oil spray.
2. In a large mixing bowl, combine the flour, muesli, apricots, and baking powder. Stir to mix.
3. In another bowl, combine the apple juice, honey, oil, and egg. Add the reserved flour mixture and stir until just combined.
4. Spoon the batter into the prepared pan. Bake for 20 minutes, or until browned and a wooden pick inserted comes out clean.

Per muffin: 237 calories, 38 g carbohydrates, 5 g protein, 7 g fat, 4 g fiber

FIBER-HIGH BRAN MUFFINS

(photo on page 54)

Makes 48

These small muffins pack a powerful energy punch. Top with a little dab of peanut butter and you're ready for several hours on the fast track.

PREPARATION TIME: 12 MINUTES COOKING TIME: 20 MINUTES

- Canola oil spray
- 4 cups low-fat buttermilk
- 2 cups boiling water
- 5 teaspoons baking soda
- $\frac{3}{4}$ cup reduced-fat margarine spread
- 2 cups granulated sugar
- 4 eggs
- 2 cups rolled bran
- 4 cups All-Bran with Extra Fiber
- 5 cups whole wheat flour
- 1 cup walnuts, coarsely chopped
- 1 cup dried blueberries (or 2 cups fresh), optional

1. Preheat the oven to 425°F. Lightly coat four 12-cup muffin pans with oil spray.
2. In a mixing bowl, combine the buttermilk, water, and baking soda. Stir. Allow to cool.
3. In the bowl of an electric mixer, combine the margarine, sugar, and eggs. Beat for 2 minutes at medium speed, or until smooth.
4. Place the rolled bran and All-Bran in the bowl of a food processor fitted with a metal blade. Process until coarsely ground and pour into a large mixing bowl. Add the flour.
5. Alternately add the buttermilk mixture and margarine mixture to the dry ingredients. Fold in the walnuts and blueberries, if desired. Spoon the batter into the prepared pans.
6. Bake for 20 minutes, or until browned and a wooden pick inserted comes out clean.

Per muffin: 160 calories, 26 g carbohydrates, 4 g protein, 6 g fat, 4 g fiber

FRUIT COMPOTE

(photo on page 55)

Serves 6

We often sweeten recipes with honey rather than sugar. Since every species of flower has a unique nectar, honey from different types of flowers can have very different flavors and qualities. The lower-GI honeys tend to be pure floral honeys rather than a commercially blended product.

PREPARATION TIME: 10 MINUTES COOKING TIME: 10 MINUTES

- 3 cups apple juice
- 1¼ cups dried apples
- ¾ cup dried pear halves
- ½ cup dried apricots
- 1 tablespoon pure floral honey
- 1 cinnamon stick
- 8 cardamom pods
- ½ cup pitted prunes

1. In a saucepan, combine the apple juice, apples, pears, apricots, honey, cinnamon stick, and cardamom. Bring to a boil, then reduce the heat and simmer for 10 minutes, or until the fruit has softened.
2. Remove the pan from the heat. Add the prunes, then transfer to a serving dish. Allow to cool. Cover and refrigerate until ready to serve.

Per serving: 221 calories, 52 g carbohydrates, 2 g protein, 1 g fat, 6 g fiber



ACTIVITY TIP

People who exercise are happier—being active for just 20 minutes a day helps to lift your spirits and improve your mood.

30-SECOND BREAKFAST EGGNOG

Serves 2

This recipe eliminates your “I-have-no-time” excuse for skipping breakfast. And come mid-morning, you’ll be delighted with the energy your body will still be receiving from this delicious drink.

PREPARATION TIME: 30 SECONDS

- | | |
|---|--------------------------------|
| 1 cup raspberries, fresh or frozen | 2 in-shell pasteurized eggs |
| ½ cup low-fat vanilla or raspberry yogurt | 2 tablespoons cocoa powder |
| ½ cup fat-free milk | 1 tablespoon pure floral honey |

1. In a blender, combine the raspberries, yogurt, milk, eggs, cocoa powder, and honey.
2. Mix at high speed for 30 seconds, or until smooth. Serve immediately.

Per serving: 220 calories, 32 g carbohydrates, 13 g protein, 6 g fat, 6 g fiber



COOK'S TIP

In-shell pasteurized eggs may be safely eaten raw. They are sold in some supermarkets and health food stores.

CARROT, APPLE, AND GINGER JUICE

Serves 4

It's easy to overdo the calories when drinking fruit juice, so it is a good idea to mix a fruit with a vegetable, as we've done here. This cuts both the sweetness and the calories, while providing many of the nutrients found in whole food.

PREPARATION TIME: 10 MINUTES

- 2 carrots
- 2 apples, cored
- 2¼ cups fresh orange juice
- ½ teaspoon finely grated fresh ginger

1. If you have a juicer, juice the carrots and apples into a small pitcher. Mix in the orange juice and ginger.
2. Alternatively, use a blender to purée all the ingredients until as smooth as possible.
3. Pour the juice into 4 glasses and serve with ice, if desired.

Per serving: 90 calories, 21 g carbohydrates, 1 g protein, 0 g fat, 3 g fiber