

## BREAKFAST RECIPES

### Rise and Shine Cobbler

Makes 2 servings



#### Ingredients:

- |   |                                |
|---|--------------------------------|
| 1/2 cup peaches (canned drained and sliced)     | 1/8 teaspoon vanilla extract   |
| 1/2 cup pear halves (canned drained and sliced) | 1/2 tsp. orange peel           |
| 2 Tbsp. orange juice                            | 3 prunes (pitted, cut in half) |
| 1/2 cup granola                                 |                                |

#### Directions:

1. In a large microwave safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Add orange peel and juice to fruit mixture.
3. Top with granola.
4. Microwave on high for 3 minutes. Let stand for 2 minutes.
5. Spoon into 2 bowls and serve warm.

Source: SNAP-Ed Connection

## Peaches and Cream Smoothie



#### Ingredients:

- |  |                                |
|--|--------------------------------|
| 2 cups unsweetened frozen sliced peaches | 1/2 cup skim or 1% milk        |
| 1/2 cup orange juice                     | 1/2 cup non-fat vanilla yogurt |
| 1/2 tsp. vanilla extract                 |                                |

Place all the ingredients in a blender or a food processor in the order shown and puree until smooth. Serve immediately. Makes 2 servings

Per serving: 161 calories 1 g fat (1 g saturated fat), 4 mg cholesterol, 32 g carbohydrate, 2 g fiber, 7 g protein, 17% vitamin A, 53% vitamin C, 33% calcium, 3% iron

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## Fruited Oatmeal



- |  |  |
|--|--|
| 2 cups water                               | 1/8 tsp. salt                          |
| 1 cup rolled oats                          | 1/4 cup raisins or chopped date pieces |
| 1 cup chopped and peeled peaches or apples | 1/8 tsp. ground cinnamon               |
| 1/2 cup lowfat milk                        |  |

1. Bring water and salt to boil in a medium saucepan. Stir in oats, peaches or apple, raisins or dates and cinnamon.
2. Reduce heat and simmer, uncovered, for 5 minutes, stirring occasionally. Remove from heat. Cover and let stand for 2 minutes.
3. Divide oatmeal among 4 bowls. Pour 2 tablespoons milk over each serving. Makes 4 servings.

### Nutrition Facts Per Serving

Total calories	136
Total carbohydrates	27g
Total dietary fiber	3.4 g
Total fat	2 g

### Serving Size: 1 cup

Adapted from Better Homes and Gardens, <http://www.bhg.com/bhg/recipe/detail.jhtml?recipeId=36338>

## Cereal Parfait

- 1/2 cup fresh or frozen blueberries (can substitute other fruit for blueberries)
- 1 (8 oz) carton of vanilla or lemon yogurt
- 1/2 cup granola or other cereal, crushed to 1/4 cup



Spoon 1/4 cup blueberries\* each into two glasses. Top each with 1/2 carton yogurt.

Sprinkle 2 tablespoons of crushed cereal over yogurt in each glass. Serve immediately or cover and chill. Makes 2 servings.

### Nutrition Facts Per Serving

Total calories	212
Total fat	3 g
Total carbohydrates	40 g
Total dietary fiber	1.5 g

### Serving Size:

Adapted from University of Georgia Cooperative Extension Service, EFNEP - [http://www.fcs.uga.edu/extension/ext\\_efnep.php](http://www.fcs.uga.edu/extension/ext_efnep.php)

## Honey Raisin Bran Muffins

1- <sup>3</sup> / <sub>4</sub> cup all-purpose flour	1- <sup>1</sup> / <sub>4</sub> cup skim milk
1 Tbsp baking powder	1/3 cup honey
1/4 tsp salt	1 egg
2 Tbsp sugar	1/4 cup vegetable oil
2- <sup>1</sup> / <sub>2</sub> cups raisin bran cereal	vegetable cooking spray



Preheat oven to 400 F. Stir together flour, baking powder, salt, and sugar and set aside. In large mixing bowl, combine raisin bran cereal, milk, and honey. Let stand 3 minutes or until cereal softens. Add egg and vegetable oil. Beat well. Add flour mixture, stirring only until combined. Pour batter into twelve 2 1/2 inch muffin pan cups coated with cooking spray. Bake for 20 minutes or until lightly browned.

Nutrition Facts for 1 Muffin: 190 calories, 5 g fat, 2 g fiber

### Ingredients:

- 2 slices of bread (cubed)
- 3 eggs (beaten)
- 1 cup low fat milk
- 1/2 tsp. dry mustard
- 1/4 tsp. salt
- 3/4 cup diced ham
- 1/2 cup shredded cheddar cheese



### Directions:

Put bread cubes into sprayed pan. Mix rest of ingredients. Pour over bread cubes, mix together. Bake at 350 degrees for 30 minutes, or until done. Sprinkle cheese on top and bake for an additional 10 minutes or until melted.

Recipe from "Rusk County UW Extension Senior Meal Sites: Cooking for 1 or 2, 2<sup>nd</sup> Edition, 2008"

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