



LEARN TO DO BY DOING

BREAKFAST BONANZA



NAME

AGE

CLUB

NUMBER OF CLUBS



THE 4-H PLEDGE

"I pledge:
My HEAD to clearer thinking
My HEART to greater loyalty
My HANDS to larger service and
My HEALTH to better living
For my club, my community and my country."

TABLE OF CONTENTS

	PAGE
PROJECT SUMMARY.....	1
PERSONAL LOG FOR RECIPES MADE AT HOME.....	2
CHARTING MY PROGRESS.....	3
INTRODUCTION.....	4
GENERAL REQUIREMENTS.....	4
MEETINGS: Why Breakfast?.....	7
Role of Fibre and Protein.....	17
Fruits and Vegetables.....	21
Eggs and Meat.....	25
Supermarket Scavenger Hunt.....	31
Entertaining!.....	37
RECIPE BOOKLET FOR BREAKFAST BONANZA.....	R1

This project was prepared by
Jane Hough, Napanee
for the Lennox and Addington 4-H Association
with special thanks to the Advisory Committee:

Faye Starkes
Kate Ann Follwell
Bonnie O'Neill

PROJECT SUMMARY--BREAKFAST BONANZA

1. NAME ONE THING YOU GAINED FROM TAKING THIS PROJECT

2. WHICH TOPIC WAS THE MOST INTERESTING?

3. WHICH TOPIC WAS LEAST INTERESTING?

4. WOULD YOU RECOMMEND A FRIEND TAKE THIS PROJECT?

5. WAS THERE ENOUGH 'HANDS-ON' EXPERIENCE?

6. WHAT WOULD YOU LIKE TO SEE ADDED TO A PROJECT OF THIS TYPE?

7. IS THERE ANYTHING WHICH SHOULD NOT BE IN THE PROJECT?

8. PARENT/GUARDIAN COMMENTS _____

9. LEADER COMMENTS

THIS PROJECT HAS BEEN COMPLETED SATISFACTORILY.

MEMBER _____

LEADER _____

DATE _____

LEADER _____

RECIPES MADE AT HOME

RECIPE	COMMENTS FROM FAMILY AND FRIENDS	MY COMMENTS

CHARTING MY PROGRESS

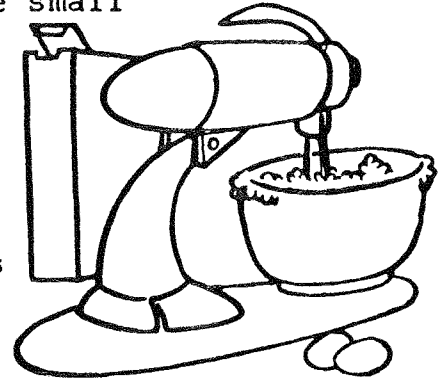
Using the following chart, place a checkmark opposite each category where you had one serving of that foodgroup for breakfast. Do this for 5 days in a row, and see if your eating habits have improved.

FOODGROUP	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
FRUIT OR VEGETABLE					
MILK					
BREAD OR CEREAL					
MEAT					



INTRODUCTION

Welcome to the world of Breakfast Bonanza. Breakfast is the most important meal of the day, and throughout this project you will discover a variety of ways to add interest to this meal. As well, we will look at the use of some small appliances, and their care.



OBJECTIVES

1. Have fun making a variety of breakfast foods
2. Develop new skills in food preparation
3. Appreciate the value of having a good breakfast each day
4. Learn small appliance safety and use
5. Develop basic cooking skills
6. Develop reasons and communication skills through the use of judging

GENERAL REQUIREMENTS

A member will complete a project satisfactorily by:

1. Participating in at least 2/3 of their club's meeting time
2. Completing the project requirements to the satisfaction of club leader(s)
3. Taking part in an achievement program.

MAKING RECIPES AT HOME

"Learn To Do By Doing" is the 4-H Motto. The meetings in this project have been designed to include plenty of actual cooking practice. In addition, it is suggested that members practice cooking at home. A variety of recipes are included

in the RECIPE BOOKLET. Junior members are encouraged to try at least 3 recipes at home. Senior members are encouraged to try at least 5 recipes at home. Leaders will be glad to support the extra efforts.

In addition, Senior members are REQUIRED to complete a special project from the list below, or any other one which your leader approves of.

1. A cost comparison study between commercial and homemade instant breakfasts.
2. Explore the route a kernel of wheat travels from the farm to your table if it is to arrive within a loaf of bread.
3. Compare the labels between cans of fruit juices and fruit drinks for their nutrient content. Which do you think qualify as members of the fruit group, according to Canada's Food Guide? Why or why not?
4. The cholesterol in eggs--explore the controversy and defend your opinion about whether we should continue to eat eggs.
5. Design a poster promoting breakfast as a healthy lifestyle.

CONTRACT AGREEMENT BETWEEN MEMBERS AND LEADERS

BREAKFAST BONANZA is to be a fun learning experience. For this to happen there MUST be co-operation and commitment on everyone's part.

THEREFORE:

I, _____ dedicate myself to be organized and
(4-H Leader)
to make the necessary preparations so that each 4-H meeting runs smoothly and accomplishes the objectives, within a 2 hour time frame.

I, _____ dedicate myself to be organized so
(4-H Member)
so that I can participate fully in BREAKFAST BONANZA. I realize this project requires a lot of advance work by my leader. I plan to attend meetings on time to make the best use of everyone's time.

Why Breakfast?

Roll Call: What did you have for breakfast this morning?

BEFORE THE NEXT MEETING

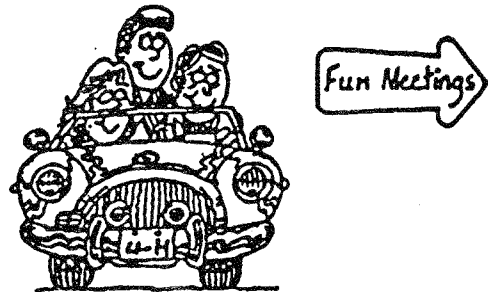
Prepare an "Instant" breakfast at home and record the results.

A ROAD MAP TO GOOD MEETINGS

Welcome to 4-H! Our final stop is our Achievement Program, but there are many things that we want to do along the way. You should find them fun and enjoyable.

When you are planning a trip, you need to have a road map to follow so you don't get lost along the way. The map that is used to reach a good meeting is called an agenda. There is a sample on the next page.

The agenda keeps the meeting on time and lists all the items that need to be covered in the meeting. The agenda is usually prepared by the **chairperson** or **president** before the meeting with help from other members and the club leader(s). Everyone should be aware of the meeting agenda.



It is helpful to use point form. Put the name of the person who will be involved at the meeting and a time limit beside each item on the agenda.

It is very important to start and end the meeting on time.

YOUR ROAD MAP TO GOOD MEETINGS

SAMPLE AGENDA

<u>What</u>	<u>When</u>	<u>Who</u>
Include club name, meeting location and date.	4-H Club Name Location Date	
List all items that need to be covered in the meeting.	7:00 pm Call to Order 4-H Pledge Roll Call Introduction of Guests Minutes of Last Meeting Adoption of Minutes Business Arising from Minutes Treasurer's Report	President Everyone Secretary 4-H Member Secretary President President Treasurer
Program should relate to 4-H project.	7:15 New Club Business Date of Next Meeting	President Everyone
	7:25 Club Program	Youth Leader, Senior Members, Leaders, Everyone
	8:25 Introduce Guest Speaker	4-H Member
	8:30 Demonstration	Guest Speaker
	8:45 Thank Guest Speaker Announcements	4-H Member Anyone
	9:00 Adjournment	President, Anyone

KEEPING YOUR CLUB GOING

In order to keep your club going in the right direction, you need some "tour guides", known as the **club executive**. They work with the club leader(s), youth leader(s) and all club members to keep the club on track.

PRESIDENT

The club president works closely with club leaders to plan meetings and other activities. He/she acts as **chairperson** of all club meetings and ensures that the meetings start and end on time.

VICE-PRESIDENT

The vice-president helps the president when needed and takes over the duties of the president if necessary.

SECRETARY

The secretary is responsible for keeping minutes (a record of the meeting's activities), attendance records and handling the club's mail. If the club has money, the secretary may become secretary-treasurer.

PRESS REPORTER

The press reporter is responsible for letting the community know about the activities of your club through local newspapers, radio or 4-H newsletters.

TREASURER

The treasurer is responsible for keeping a record of the club money which is received or paid out. A report is usually given after the reading of the minutes.



YOU HAVE A JOB TOO!

Just as each executive member has certain duties, each member has responsibilities to the 4-H club.

Ways that I can help my club keep on track are:

- 1. _____
- 2. _____
- 3. _____

ELECTING YOUR EXECUTIVE

The executive members are elected by all club members. Any member may **nominate** another member. Nominations do not require a **second**.

One way for 4-H clubs to make decisions is by **voting**. Voting can be done in a number of ways.

- 1. By show of hands
- 2. By secret ballot
- 3. By standing
- 4. By saying "Yea" or "Nay".

A youth leader, senior member or club leader may **chair** the meeting until the president is elected.

LEARN TO DO BY DOING!

Be willing to let your name stand for an executive position. It is a rewarding and fun experience. Following your club's elections, complete this club executive chart.

CLUB EXECUTIVE:

<u>Office</u>	<u>Name</u>	<u>Phone</u>
PRESIDENT	_____	_____
VICE-PRESIDENT	_____	_____
SECRETARY	_____	_____
TREASURER	_____	_____
PRESS REPORTER	_____	_____
OTHER	_____	_____

CLUB MEMBERSHIP:

Members, Phone

Members, Phone

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Leaders, Phone

Leaders, Phone

_____	_____
_____	_____

OMAF Contact, Position, Phone

Why Breakfast?

The old adage "Breakfast like a king, lunch like a prince and dinner like a pauper" still makes a lot of sense. Surveys show that those who eat breakfast turn out more work during the late morning hours, are quicker in reaction times and do not tire as easily as breakfast-skipppers. As a student, this means you are likely to get higher grades, and do better on the sports team if you do not skip that morning meal! Here's what a balanced breakfast can do for you.

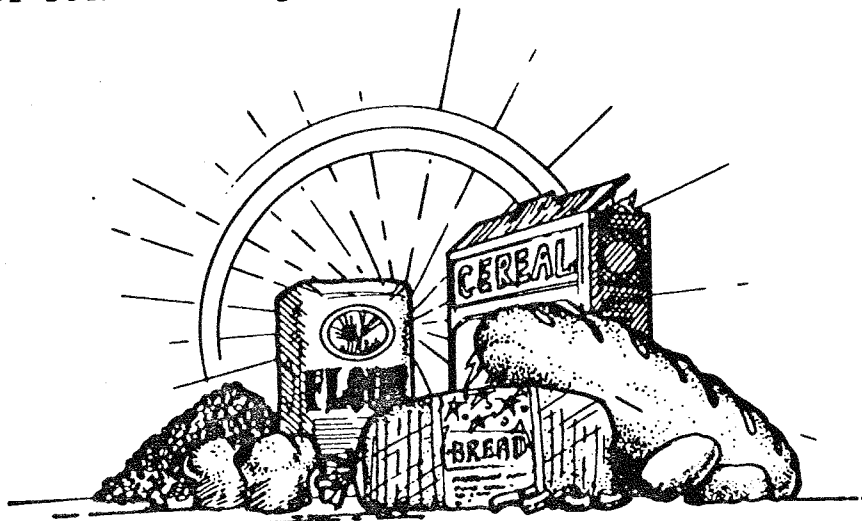
1. Provide your body with the energy to function properly-and enjoy the day.

2. Regulate your appetite and control weight. People who skip breakfast tend to become hungry later in the day and then overeat. On the other hand, people who do eat good breakfasts tend to eat less food over the whole day. Excuses and solutions for breakfast skippers

1. "I'm not hungry in the morning"

Solution: Try a liquid breakfast, like the ones found in the recipe pamphlet

Start with eating one item each morning, such as a glass of juice, and over a period of time, increase the number of items until you are eating a full meal.





2. "I don't have time"

Solution: Select foods that need little or no preparation- cheese, bagel, fruit yogurt, milk.

Make a sandwich for breakfast when preparing lunch the night before.

Toast a few slices of a quick bread or English muffin

Set table, prepare fruit the night before

Put ingredients for a liquid breakfast in the blender the night before, refrigerate overnight, whip in the morning

3. I'm trying to lose weight, so I skip breakfast"

Skipping breakfast means you are more likely to fill up on high calorie snacks later in the morning.

4. "The thought of eggs in the morning makes me ill!"

It's not necessary to eat eggs. Try something you really like and can face. A grilled cheese or peanut butter sandwich is a fine substitute for eggs and toast. Soups and salads are popular in many countries for breaking-the -fast.

5. "I'd rather sleep another fifteen minutes"

Skipping breakfast usually results in mid-morning slump whether you get the fifteen minutes sleep or not.

School boards in Toronto consider breakfast so important that they are now sponsoring breakfast programs in the schools.

So, where do we go from here?

Let's "Milk" your breakfast for all it's worth.

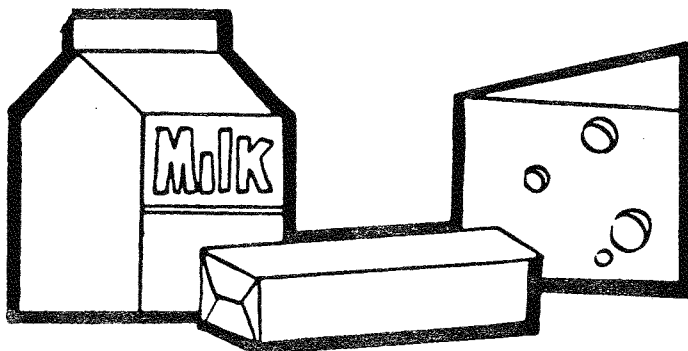
Milk and milk products are a vital part of a balanced diet. They supply your body with energy and many nutrients that are essential for your health and growth. It is in this food group that we find the best source of calcium. How much calcium does a 4-H member need? According to Health and Welfare, Canada, we should follow these guidelines:

Age	Females	Males
10-12 years _____	1000mg _____	900mg _____
13-15 _____	800mg _____	1100mg _____
16-18 _____	700mg _____	900mg _____
19-49 _____	700mg _____	800mg _____

Where can we find these sources of calcium?

The following is a list of excellent sources, containing at least 300 mg of calcium per serving

- * 250 ML milk
- * 250 ML yogurt
- * 45 g Cheddar, mozzarella, or Swiss cheese
- * 250 ML stewed rhubarb
- * 7 sardines



ACTIVITY:

Calculate your calcium intake:



Step 1: Calculate your calcium intake

(1) Check (✓) the calcium-rich foods you ate yesterday. (2) Write the number of servings you ate for each food checked. (3) Total the number of servings and multiply by the number beside each box. (4) Enter this number in the red box. (5) Add the totals in the red boxes and compare your calcium intake to your need (as described in the adjacent box).

(✓)	CALCIUM-RICH FOODS	USUAL SERVING SIZE	NO. OF SERVINGS YESTERDAY	MILLIGRAMS OF CALCIUM PER SERVING	TOTAL MG OF CALCIUM
<input type="checkbox"/>	Canned sardines with bones	7 med.	<input type="text"/>		
<input type="checkbox"/>	Macaroni & Cheese (homebaked recipe)	1 cup	<input type="text"/>		
		TOTAL SERVINGS:	<input type="text"/>	x 400	<input type="text"/> mg
<input type="checkbox"/>	Milkshake (restaurant type)	10 oz.	<input type="text"/>		
<input type="checkbox"/>	Plain yogurt	¾ cup	<input type="text"/>		
<input type="checkbox"/>	Cheese (cheddar, edam, gouda)	1¼" cube	<input type="text"/>		
		TOTAL SERVINGS:	<input type="text"/>	x 350	<input type="text"/> mg
<input type="checkbox"/>	Dried skim milk powder	1/3 cup	<input type="text"/>		
<input type="checkbox"/>	Milk (skim, 2% whole)	1 cup	<input type="text"/>		
<input type="checkbox"/>	Milk (buttermilk, chocolate)	1 cup	<input type="text"/>		
<input type="checkbox"/>	Fruit flavoured yogurt	¾ cup	<input type="text"/>		
		TOTAL SERVINGS:	<input type="text"/>	x 300	<input type="text"/> mg
<input type="checkbox"/>	Cheese (all other hard types)	1¼" cube	<input type="text"/>		
<input type="checkbox"/>	Processed cheese slices	2 slices	<input type="text"/>		
<input type="checkbox"/>	Canned salmon with bones	3 oz.	<input type="text"/>		
<input type="checkbox"/>	Soup made with milk	1 cup	<input type="text"/>		
<input type="checkbox"/>	Pancake/waffle (from mix with milk)	two - 4"	<input type="text"/>		
		TOTAL SERVINGS:	<input type="text"/>	x 250	<input type="text"/> mg
<input type="checkbox"/>	Pudding made with milk	½ cup	<input type="text"/>		
<input type="checkbox"/>	Cheese pizza	1/8 - 12"	<input type="text"/>		
<input type="checkbox"/>	Bok choy, kale (cooked)	½ cup	<input type="text"/>		
<input type="checkbox"/>	Tofu (made with calcium - read the label)	4 oz.	<input type="text"/>		
		TOTAL SERVINGS:	<input type="text"/>	x 150	<input type="text"/> mg
<input type="checkbox"/>	Beans (kidney, garbanzo, lima, navy, soy)	1 cup	<input type="text"/>		
<input type="checkbox"/>	Ice milk, ice cream	½ cup	<input type="text"/>		
<input type="checkbox"/>	Chili con carne (made with beans)	1 cup	<input type="text"/>		
<input type="checkbox"/>	Cottage cheese	½ cup	<input type="text"/>		
<input type="checkbox"/>	Broccoli (cooked & chopped)	½ cup	<input type="text"/>		
		TOTAL SERVINGS:	<input type="text"/>	x 75	<input type="text"/> mg
<input type="checkbox"/>	Whole wheat bread	2 slices	<input type="text"/>		
<input type="checkbox"/>	Parmesan cheese	1 Tbsp.	<input type="text"/>		
<input type="checkbox"/>	Orange (whole)	1 med.	<input type="text"/>		
		TOTAL SERVINGS:	<input type="text"/>	x 50	<input type="text"/> mg

My Calcium INTAKE

Less my Calcium NEED

The DIFFERENCE

Having milk for breakfast does not limit you to a glass of milk, or pouring it on your cereal. Many people enjoy dairy products in the form of cheese or yogurt at this time of day.

ACTIVITY

List 3 ways you could serve milk products for breakfast

example: bagel with cream cheese

1. _____

2. _____

3. _____

YOGURT FOR BREAKFAST:

^^Its a great topping to toss with breakfast cereals for a change of pace

^^A delectable, easy sauce for pancakes.

FOCUS ON SMALL APPLIANCES

In this club you will be using small appliances a great deal. To make the best use of them, we will look at how to use them safely, clean them, and what job they are best suited for. Let us begin with a look at the blender.

Blenders

Blenders do the following jobs well:

grind dry foods, i.e. coffee beans

crumb i.e. bread and crackers

liquefy solids i.e. strawberries for yogurt pops

mix i.e. pancake batter

puree fruits and vegetables i.e. cooked vegetables for

baby food

reconstitute i.e. frozen orange juice

grate raw vegetables i.e. carrots for muffins

Notes on blenders:

Buying: 1. Should be convenient to store and easy for pouring

2. 4-5 speeds give adequate variation

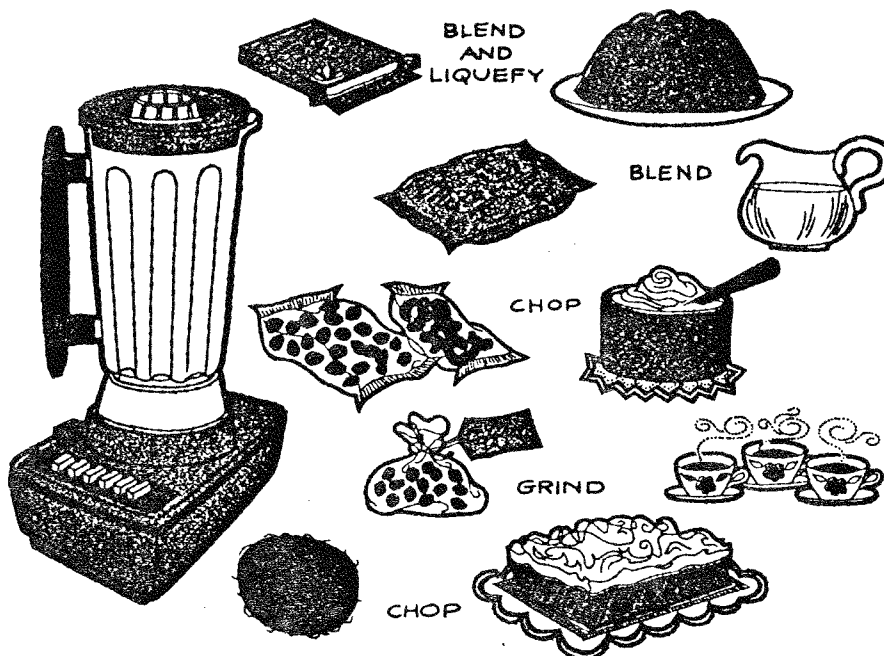
3. Glass container is easier to clean than plastic and

won't scratch, but plastic won't chip Use: 1. Avoid overblending—just seconds can do the job

2. Be sure the lid is on before switching on the motor..unless you like cleaning the ceiling

3. Never insert utensils into the jar when the motor is running

4. Read manufacturer's instructions carefully for operation, care and cleaning.



Role of Fibre and Protein

Roll Call: What is your favourite way of enjoying bread or cereal in the morning?

BEFORE THE NEXT MEETING

Prepare a list of the breads and cereals eaten in your home. Put a star beside the ones which you consider to be high in sugar.

The roll of Breads and Cereals in our diet

Canada's Food Guide recommends 3-5 servings of breads and cereals daily. Why?

This group of foods provide iron, B vitamins, fiber, zinc, copper and magnesium to our diets. Let us explore the role of two of these nutrients.

FIBER: * recognized as an important aid in the digestive and intestinal tracts of the body.

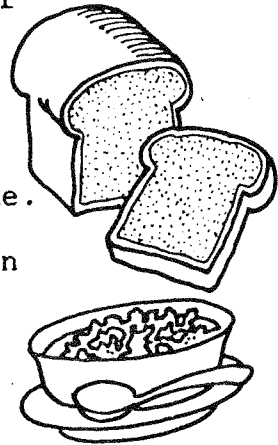
- * it is the parts of the food which is not digested
- * absorbs water like a sponge and therefore makes one feel fuller
- * increases the bulk of the stool so that the intestine has something to keep pushing on.

CEREAL PROTEINS: * not complete proteins

- * must be eaten with meat, milk, eggs, and other animal foods to become complete proteins
- * supply nearly one quarter of our total protein
- * are an excellent source of complex carbohydrates

Which products supply the a good source of protein and fiber?

The best way to discover this is to read the package labels.

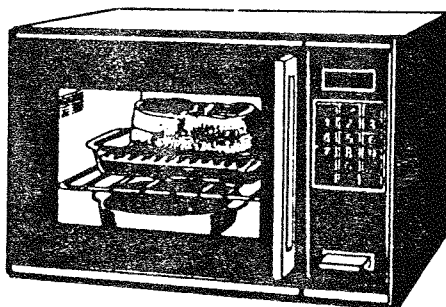


MICROWAVE SAFETY

Many homes in Canada now have microwaves. They make preparing breakfasts faster, but must be used with care.

Here are some hints:

- * follow the oven manufacturer's instructions on recommended operating procedures and safety precautions
- * never operate the oven if the door does not close or is bent, warped, or otherwise damaged
- * always keep oven door and seal clean
- * plug cord into a three-pronged outlet on its own circuit.
- * use potholders to remove dishes
- * when you're uncovering a dish after cooking or standing time, lift cover so that steam escapes away from you in order to avoid burns
- * never operate the oven empty
- * wipe up spill immediately
- * use a cloth with warm water and mild dishwashing detergent for cleaning after each use
- * never use steel wool or metal scouring pads for stubborn clean-up jobs. Use plastic pot scrubbers.



Fruits and Vegetables



Roll Call: How do you enjoy fruit or vegetables for breakfast?

BEFORE THE NEXT MEETING

Prepare one recipe from the recipe booklet.

Fanfare for fruits:

Breakfast in Canada seems to be the favourite meal for eating--or--drinking--vitamin C. Oranges or grapefruit or their juices are eye-openers for people from coast to coast. But there are many who prefer tomato juice or a glass of chilled and victimized apple juice. In season, cantaloupe fans choose a wedge of ripe melon for breakfast--or fresh strawberries on crisp cereal. The list of combinations of fruit for breakfast is only limited by your imagination. What part do fruits play in keeping you healthy? Servings from this group supply vitamin A, Vitamin C, iron, thiamin, folacin, carbohydrates, trace minerals and fibre. Let us look more closely at the role of two of these elements, Vitamins A and C more closely.

Vitamin A: * found in the yellow-orange colouring of fruits

- * helps keep skin smooth and clean
- * helps the formation of bones and teeth
- * helps maintain normal vision and prevent night blindness
- * helps to resist disease and infection
- * best sources- cantaloupe, apricots, watermelon

Vitamin C: * essential for the structure of gums

- * helps heal wounds and mend broken bones
- * helps resist infection
- * large amounts of it cannot be stored in the body
- * often added to fruit juices
- * lost in cooking water, exposure to light, air.

Therefore, care must be given to storage of products containing Vitamin C

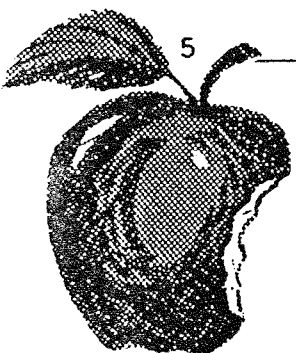
- * Cover and refrigerate juices after opening
- * prepare just prior to cooking
- * enjoy raw frequently

* good sources--vitaminized apple juice, strawberries, tomatoe

ACTIVITY:

Your leader(s) are going to provide you with a number of variety of apples. Your task is to use these samples to complete the following chart.

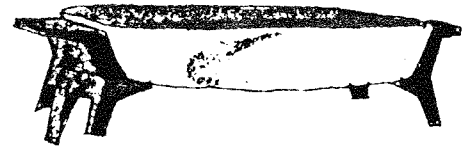
VARIETY	PURPOSE	FLAVOUR (RANK IN ORDER OF PREFERENCE)
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____



FRUIT AS A GARNISH

Fruit garnishes can provide an attractive addition to your meal, especially when company is coming. The flavour and texture of the fruit compliments the dish it accompanies, and makes it more appealing to eat. Most of the following suggestions can be used to add colour to the breakfast plate.

- ^^Whole strawberries with hulls left on
- ^^A small cluster of red or green grapes
- ^^Apple rings or wedges, dipped in lemon juice
- ^^Melon balls
- ^^Banana fingers dipped in lemon juice and rolled in finely chopped nuts
- ^^Orange or lemon slices or curls



THE ELECTRIC FRYING PAN

This versatile appliance may be used to pan-fry, pan-broil, braise, or stew foods.

To help you enjoy your frying-pan, follow these steps:

- * Do not put the electrical cord in water
- * When removing the lid, tilt it away from you to allow steam to escape
- * Do not let the edge of the cord hang over the edge of the counter
- * Attach cord to the skillet first, then plug into the wall, to avoid shock hazards
- * Pans with stick-free surfaces require special tools.

Eggs and Meat

Roll Call: Tell a kitchen rule about safety

BEFORE THE NEXT MEETING

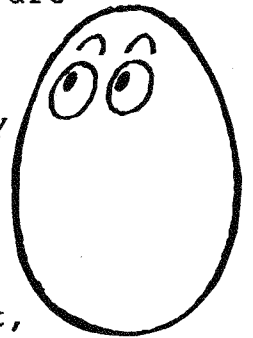
1. Prepare an egg dish for your family and record the results in member's pamphlet.
2. Do a safety check of your kitchen and report results at the next meeting.

SPECIAL ACTIVITY: Plans should be started for your special activity at Meeting Six.

Egg-stravaganza

Traditionally, eggs have been a popular breakfast food. With recent concerns about cholesterol levels, eggs have lost favour with some people. We must remember, however, that eggs also have some very important nutrients in them, and are an economical item.

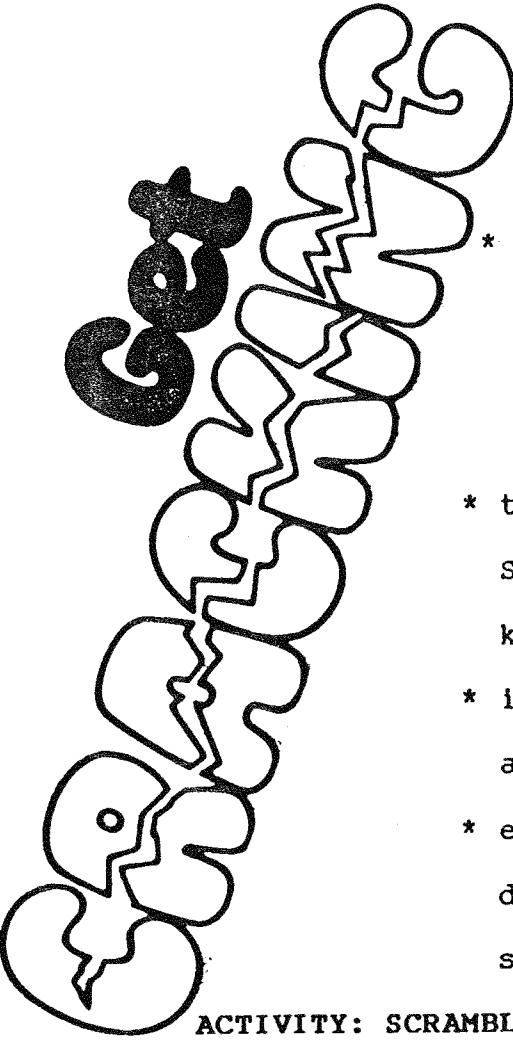
To-day's eggs are a good source of protein and also supply vitamins A, D, E, thiamin, niacin, riboflavin, iron, and phosphorus.



When we consider the contribution of eggs to the diet, it does not seem practical to keep them out of the diet unless there is a problem with high serum cholesterol or a history of heart disease. Before deciding not to eat them, talk to your doctor about the wisdom of this decision.

Egg-Facts * the protein quality of eggs is equal in nutritive value to meat or fish

* there is no difference in nutritive value



between eggs with brown or white shells

* eggs are porous and should be kept away from strong smelling foods in the refrigerator. Storing in the carton is best.

* the top of the egg is the large end.

Storing eggs with the top end up helps to keep the yolk centred.

* it is important to keep eggs refrigerated at all times to maintain freshness.

* egg cartons are stamped with a "best before" date. Refer to this date for maximum storage time.

ACTIVITY: SCRAMBLED EGGS

Unscramble the letters below to find a variety of delicious egg dishes.

1. EHCNRF TTOAS _____
2. SGGE DNBTICEE _____
3. TELETEMO _____
4. OUSEFLF _____
5. ABDEK ESGG _____
6. GEGGNO _____
7. IRFTTATA _____
8. HCEUIQ _____

QUESTION: What is the most ecologically acceptable packaging on the market?

Answer: The egg shell. It is biodegradable--no deposit--no return.

JUST FOR THE FUN OF IT: Pick up an egg with one hand. Check to see which end of the egg is up. If you are holding the large end up, you are determined and always aware of "which end is up". If you are holding the egg with the small end up it means that you look at things with an artistic eye.

Meat Madness

Eggs are not our only source of protein for breakfast. For some people, bacon is a vital part of the morning. To others, sausage, while some may prefer a slice of ham. Name 3 other meats that you might eat at breakfast:

No matter which you choose, all will be supplying important vitamins and minerals to your diet. Be aware, however, that almost all of the breakfast meats have three things in common. They are high in FAT and SALT. Cured meats are also high in NITRATES, a known cancer causing agent.

FAT FACT OR FICTION--you be the judge!

1. Only 30% of our daily calories should come from fat. T/F
2. We should pick foods high in saturated fats. T/F
3. Any fat made from an animal product is high in cholesterol. T/F
4. Margarine has less calories than butter. T/F

5. Polyunsaturated fat helps the body reduce blood cholesterol levels. T/F

ACTIVITY:

Match the protein source with the dish it is commonly found in.

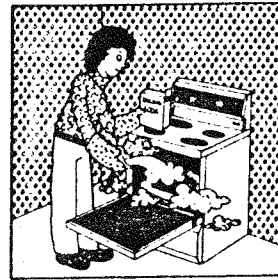
- | | |
|------------|--------------|
| 1. EGGS | BURGER |
| 2. BACON | FRENCH TOAST |
| 3. HAM | OMELETTE |
| 4. SAUSAGE | SANDWICH |

CHEESE, PLEASE

Did you ever consider having cheese for breakfast? This high protein food is a natural at this time of day, and does not have to be high in fat. Take for example the new skim-milk cheeses. A few years ago, they didn't quite make the grade for flavour, although they were low in fat! To-day, extensive research has resulted in new, much-improved low-fat cheeses.

Light cream cheese makes a pleasant spread that's lower in fat than butter. Use it in place of the high-calorie fruit spreads for a delicious change of pace in the morning.

	g fat	calories
25 mL light cream cheese	6.8	74
30 mL light cheddar cheese	6.3	94
30 g partly skim mozzarella	5.5	83



TIPS ON PREVENTING KITCHEN FIRES

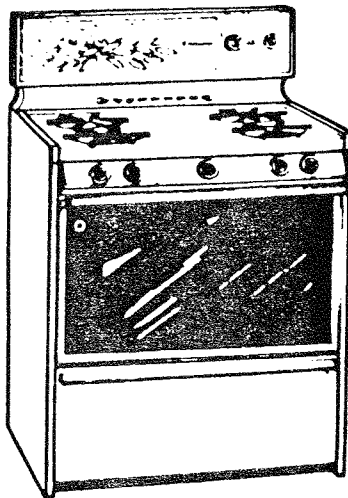
- # Do not set grocery bags on the burners.
- # When cooking always turn pot handles away from the front edge of the stove.
- # Should the frying pan and contents ignite, never move it to the sink and pour down the drain. Moving the pan increases air flow and makes the fire flare.
- # Never use water on a grease fire since oil grease is lighter than water and will simply float on top of water and continue to burn. Also, because of the fire's heat, any water will turn to steam, causing a steam explosion and splattering the burning grease everywhere.
- # Never throw flour on a grease fire. Flour can explode. Use baking soda.
- # Do not turn on an overhead fan during a grease fire. The fire and smoke will be carried through the exhaust vent and could contribute to setting the entire house on fire. Smother the fire right where it is.
- # A very greasy broiler tray can catch fire if it is preheated, especially if excess fat hasn't been trimmed from a roast. If the broiler tray catches fire, turn off broiler switch, close the oven door, and the flames should go out. If they don't, throw a cup or two of baking soda right on the burning meat in the broiler. This won't harm the meat.
- # If the oven and broiler tray needs cleaning-don't cook in it! Cleaning the oven (probably every six months) will

save a major clean-up job or possibly the price of replacing the kitchen, the whole house and everything in it.

USING AN OVEN

To-day, an oven is a basic piece of kitchen equipment. Whether we use it to bake, broil, brown, or roast the same basic safety rules apply.

- ++ Always use potholders when removing dishes from the oven
- ++ To make removing a dish safer, pull out the rack part-way, but never more than half-way.
- ++ Turn the oven off when you are finished
- ++ Do not place flammable objects in the oven
- ++ Foods cook best in a clean oven
- ++ Tip lids away from you when removing them



Supermarket Scavenger Hunt

Roll Call: Name a breakfast tradition your family practices. The tradition may be one which is followed most days, or reserved for special occasions, such as the weekend.

BEFORE THE NEXT MEETING

1. Complete your plans and preparations for Meeting six.
2. Prepare a recipe from the pamphlet and record results.

SPECIAL ACTIVITY: Complete plans for meeting six.



Supermarket Scavenger Hunt!

LET'S GO SHOPPING!

When you go on a scavenger hunt, you look for things. This time you are looking for information. Information that will make you a better consumer--a smart shopper.

Individuals or groups should start at different places; it isn't important that this is done in order. But remember to be courteous. You are representing your club and your community!

TASK # 1 FRUIT

Fill in the chart below.

List varieties of apples, grapes, etc. separately.

Type of Fruit	Serving Size	Cost/serving	New to Me
---------------	--------------	--------------	-----------



Fruit Juice

A. Go to the "frozen" juice section.

How many kinds of Juice are there? (Flavours, not brands) _____

How many different size containers? _____

Is there any flavour you've never tried? _____

Math: How much would it cost for 1 litre of orange juice?

B. Go to the "canned" juice section.

How many kinds of juice are there? _____

How many different size containers? _____

Is there any flavour you've never tried? _____

Math: How much would it cost for 1 litre of orange juice?

C. Go to the "refrigerated" juice section.

How many kinds of juice are there? _____

How many different size containers? _____

Is there any flavour you've never tried? _____

Math: How much would it cost for 1 litre of orange juice?

D. If it takes 3 medium juice oranges to squeeze for a serving of fresh orange juice, what is the cost? _____

When shopping, also try to remember the environmental impact of the packaging. Of the above 4 ways to get juice, answer these questions.

1. Which packaging is the least wasteful?

2. Which packaging creates the most waste?

3. Which packaging can you re-cycle?

There is one more way you can buy fruit juice. What is it?

Eggs

Eggs come in how many sizes? _____

What is the size of one egg in each size? _____

Therefore, which is the best value? _____

How do brown eggs compare in price? _____

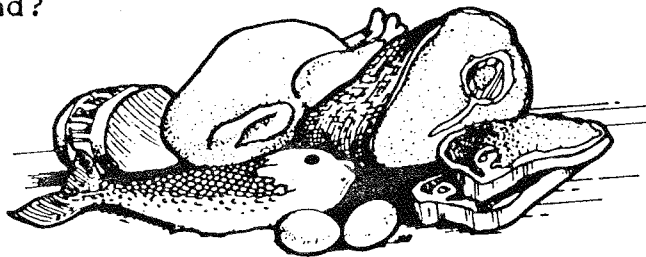
Where is the "Best Before" date located? _____

Look in the dairy case. Are there any egg alternative products like "egg-beaters"? If so, list them.

Are these low cholesterol products? _____

MEATS:

What kind of meat or fish could you eat for breakfast? List as many kinds as you can find and beside each write F-for frozen, R-for refrigerated, P-for packaged (boxed or canned). How many can you find?



PEANUT BUTTERS;

How many Brand names are there?_____

Do you have a favourite? Which one?_____

Using Kraft brand, how many sizes does it come in?_____

How many varieties (smooth, crunchy, etc)_____

Compare the cost of 500 g. of Kraft smooth _____

and 500 g. of Kraft natural_____

Find the expiration date. What is the shelf life of peanut butter?

E CONVENIENCE ITEMS:

When buying convenience items for breakfast, you must always beware for inviting packaging, convincing T.V. advertisements and actual nutritive value. Find 5 convenience items and

Example: pop tarts

xample: pop tarts

Item	Cost/serving	preparation time	Nutritive Value Poor/fair/good 1.
------	--------------	---------------------	--------------------------------------

1.

2.

3.

4.

5.

BULK FOODS

Bulk foods are usually quite economical, but most important, are environmentally a smart choice because of the small amount of packaging. Go to the bulk food section. Is there anything here that you would buy for breakfast? If yes, list them _____

CEREALS:

The package cereal section takes up a large area because there are many brands, sizes, and kinds.

How many brand names can you find? - _____

How many different size packages are there? _____

How many kinds can you find? _____

What is your favourite kind of breakfast cereal? _____

Using your favourite kind, look at the "Nutritional Information" and answer:

Calories/serving

Dietary fibre

Vitamin B1

Iron

Protein

Fat Carbohydrate

List the first 2 ingredients from the ingredients list:



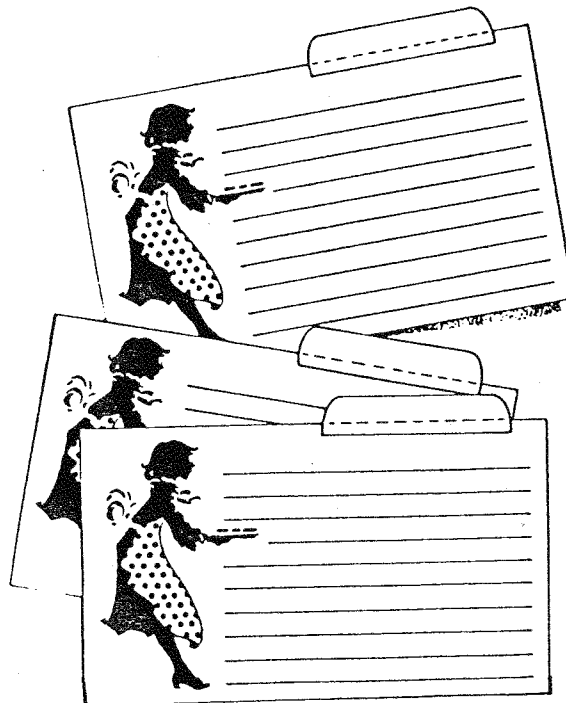
Entertaining!

Roll Call: What do you think was the most important part of this project, and why?

For meeting six, your leaders will be asking you to apply your new skills by entertaining guests at your meeting. Each member should be involved in the planning and execution of the party.

You may want to include some of the following ideas when planning the event:

- * Choose a theme and decorate accordingly
- * Decide on the style of service--buffet, or country style?
- * Send out written invitations, centered around the theme
- * Provide entertainment for the guests
- * Use a committee system to distribute the workload
- * Have a variety of foods for your guests to try



Recipe Booklet for Breakfast Bonanza

	<u>PAGE</u>
<u>BAKING BASICS</u>	R2
 <u>MEETING ONE: WHY BREAKFAST?</u>	
On the Go Quick Sip.....	R5
South Seas Milk.....	R5
Tomato Milk.....	R5
Tutti Fruity Milk.....	R6
Peachy Apricot Milk.....	R6
Fruity Yoghurt Milk.....	R6
 <u>MEETING TWO: ROLE OF FIBRE AND PROTEIN</u>	
Almond Granola.....	R7
Breakfast Oat Cookies.....	R8
Oatmeal Muffins.....	R9
Hi-Fi Drop Muffins.....	R10
Three-Grain Muffins-in-a-Square.....	R11
Refrigerator Bran Muffins.....	R12
Your Basic Pancake.....	R14
Pancake Add-ins.....	R15
Fruit Syrup.....	R16
 <u>MEETING THREE: FRUITS AND VEGETABLES</u>	
Strawberry Yoghurt Pops.....	R17
Morning Glory Muffins.....	R18
Date 'n Bran Loaf.....	R19
Fluffy Fresh Fruit Omelette.....	R20
Fruit Filling.....	R20
Beet Apple Muffins.....	R21
 <u>MEETING FOUR: EGGS AND MEAT</u>	
Basic Egg Cookery.....	R22
Quick Mini Quiche.....	R23
Simple Simon Souffle.....	R24
Asparagus Ham Oven Omelette.....	R25
French Toast.....	R26
 <u>MEETING SIX: ENTERTAINING!</u>	
Pineapple Carrot Crepes.....	R27
Whiz Cinnamon Rolls.....	R29
Easy Coffee Bread.....	R30

BAKING BASICS

Cooking is fun! It's exciting working with food, trying a recipe and seeing the results. Half of the fun comes in tasting your creation. Then, there is a special happiness in serving your creation to family and friends.


BEFORE YOU BEGIN

- ✓ Check with the grown-ups in your home to see if it is a good time to be making a recipe.
- ✓ Roll up your sleeves. Put on an apron to keep your clothes clean. Remove rings and bracelets. Wash hands well with soap and water. If your hair is long, pull it back so it doesn't get in your way or in the food.
- ✓ Make sure the kitchen is clean and tidy. It isn't a healthy idea to be working in and around dirty dishes or leftover food.
- ✓ Some cooks find it helpful to get out a tray, measuring cups and spoons, and a metal spatula or table knife for levelling the ingredients you measure.

READ THE RECIPE

- ✓ Read and re-read the recipe before you begin to make sure you are completely familiar with the ingredients and equipment required, and the procedures.
- ✓ Get out all the ingredients and equipment listed in the recipe. Place on the tray. Then, when the tray is empty, you'll know you haven't left anything out of the recipe.
- ✓ Some cooks find it helpful to check off the steps in the recipe as they complete them very helpful.

EVEN GREAT COOKS NEED HELP

- ✓ Many chefs need help to make recipes. It's a good idea to have an experienced cook around to help you. That person may be able to answer questions and help with certain equipment or procedures (like food processors or hot pans).
- ✓ In many recipes, the microwave oven can be used. Steps in the recipes where microwave ovens will be useful are marked .

SAFETY MAKES SENSE

- ✓ When heating liquids on the range top, be sure to turn handles toward the middle so they won't catch on anything and tip over.
- ✓ Keep pot holders and hot pads handy. Make sure they are thick and dry. Wet holders won't protect you from heat! Make it a habit to set hot pans on a hot pad, wooden cutting board or cooling rack. Never set a hot pan on a table or counter top.
- ✓ Be sure to turn mixer off before scraping the sides of the bowl so that the scraper won't get caught in the blades. Unplug mixer whenever beaters are put in or taken out. Use dry hands. Remember to grasp the plug, not the cord and pull straight out.
- ✓ Be careful with sharp knives. Pick up a knife by its handle. Use a cutting board when cutting and chopping food. Take care washing, drying, and storing knives.

THE BEST COOKS ARE CLEAN COOKS

- ✓ Clean up as you go along. Keep a damp cloth handy to wipe up spills as they happen.
- ✓ Put away ingredients such as butter and milk as you finish with them.
- ✓ Rinse dishes as you go along. Cold water usually works best. If you have a dishwasher, load it with rinsed bowls and cutlery as you finish.
- ✓ Finish washing and drying equipment. Put it away. Wash counters. Wipe off range top and wipe inside of microwave oven if you used it.
- ✓ Leave the kitchen clean and tidy.

MEASURE MAGIC

Accurate measuring of the recipe ingredients is very important for the final results. Master these techniques. Then, cooking becomes easy!

CHILLED FATS AND SHORTENING

Use the water displacement method. If you need 125 mL of fat, fill a liquid measure with cold water to the 125 mL mark. Then add chilled fat until the water reaches the 250 mL mark. Pour off the water and you will have 125 mL of fat.

FLOUR, POWDERED AND GRANULATED SUGAR

Choose the dry measure that holds the required amount. Pile the ingredient lightly into the measure using a spoon. Then, level it off over the canister or container, using the flat edge of a table knife or spatula.

BROWN SUGAR AND SOFTENED FATS

Fill the correct dry measure with brown sugar. Using the back of a hard spoon, pack down until the measure is full. Level with the back of a knife or spatula. To get the brown sugar out, run a table knife around the inside of the cup. Turn upside down over the mixing bowl. The sugar should fall out. Softened fats like butter or shortening can also be measured in this way.

BAKING POWDER AND BAKING SODA

Stir contents, fill a small measure to heaping and level off with spatula or table knife.

SALT AND SPICES

Pour or spoon into small measure over the container or a piece of wax paper. Level off. Return excess to the container. If opening is large enough, dip measure into container. Take out a heaping measure. Level off using the straight edge of the opening on the container.

LIQUIDS

Use a clear glass measure for amounts of 50 mL or more. Fill to mark required. Place measure on the counter and bend down to eye level as you pour the liquid. For small amounts of liquid such as oil, use the small measures. Hold measure over small container. Pour from the bottle until measure is full.

Following these BAKING BASICS will mean happy, healthy and delicious results.

HAPPY COOKING!

TEMPERATURE REPLACEMENT VALUES

60°C-140°F	150°C-300°F	230°C-450°F
70°C-150°F	160°C-325°F	240°C-475°F
80°C-170°F	180°C-350°F	260°C-500°F
100°C-200°F	190°C-375°F	270°C-525°F
120°C-250°F	200°C-400°F	290°C-550°F
140°C-275°F	220°C-425°F	

On the Go Quick Sip

175 mL Milk

30 mL Frozen orange juice concentrate

1 Banana, sliced

175 mL Fruit flavoured yoghurt

Combine ingredients in a blender. Blend at high speed until smooth. Sprinkle with wheat germ or oat flakes.

Mkes 2 servings.

South Seas Milk

250 mL low-fat milk

2 slices pineapple (fresh or canned)

1 banana, cut up

2 mL vanilla

Combine ingredients in blender; cover and blend until smooth.

Makes about 2 servings.

Tomato Milk

125 mL low-fat milk

125 mL cold tomato juice

Worcestershire sauce to taste

Salt and pepper to taste

Combine ingredients in blender; cover and blend until smooth.

Makes 1 serving.

Tutti Fruity Milk

250 mL low-fat milk

2 pear halves (fresh or canned)

1/2 banana, cut up

Combine ingredients in blender; cover and blend until smooth.

Yield: 1 serving

Peachy Apricot Milk

250 mL low-fat milk

2 peach halves (fresh or canned)

2 apricot halves (fresh or canned)

Sugar to taste

Combine ingredients in blender; cover and blend until smooth. Garnish with ground nutmeg.

Yield: 2 servings.

Fruity Yoghurt Milk

250 mL fruit yoghurt

125 mL low-fat milk

50 ml sliced fruit (fresh, canned or frozen)

Sugar to taste.

Combine ingredients in blender; cover and blend until smooth.

Yield: 2 servings

ALMOND GRANOLA

625 mL QUICK-COOKING ROLLED OATS

250 mL SLICED ALMONDS 250 mL SHREDDED COCONUT

125 mL SESAME SEEDS

125 mL SUNFLOWER SEEDS

50 mL HONEY

50 mL PACKED BROWN SUGAR

50 mL VEGETABLE OIL

125 mL RAISINS

75 mL CHOPPED DRIED APRICOTS

1. In large bowl, gently stir together oats, almonds, coconut, sesame seeds, sunflower seeds and wheat germ.
 2. In small bowl, stir together honey, sugar and oil: pour over dry ingredients and toss well.
 3. Evenly spread in 3.5 L baking dish.
 4. Bake in 300 F oven for 45 to 50 minutes or until golden, stirring every 15 minutes and breaking up any lumps.
 5. Remove from oven; stir in raisins and apricots.
 6. Transfer to another pan to prevent sticking while cooling; stir occasionally.
 7. Refrigerate in covered container for up to 3 weeks, or freeze in airtight bags for up to 1 year.
- Yield: 2 L.

BREAKFAST OAT COOKIES

500 mL OATMEAL CEREAL

250 mL WHOLE WHEAT FLOUR

7 mL BAKING POWDER

1 mL SLAT

70 mL SHORTENING

1 BANANA, MASHED

1 EGG

15 mL LOW-FAT MILK

5 mL VANILLA

1. Stir together oatmeal cereal, flour, baking powder and salt.

2. In medium bowl, beat shortening, banana, egg, milk and vanilla until well mixed.

3. Stir in oatmeal mixture.

4. Drop by spoonful onto lightly greased baking sheets.

Flatten with a fork to 6mm thickness.

5. Bake in 350 F oven 10 to 12 minutes until lightly browned.

Cool completely. Store in tightly covered container.

Makes 24 cookies.

OATMEAL MUFFINS

250 mL OATMEAL

5 mL BAKING SODA

5 mL VANILLA

250 mL ALL PURPOSE FLOUR

250 mL BOILING WATER

150 mL DATES, CUT FINE, OR 125 mL RAISINS

325 mL BROWN SUGAR

125 mL BUTTER OR MARGARINE

1. Combine oatmeal, boiling water, and dates. Let stand 20 minutes.
2. In the meantime, cream sugar and butter.
3. Add eggs and beat.
4. In a separate bowl, combine flour, salt, and baking soda.
5. Add the dates to the dry ingredients.
6. Add the flour mixture to the creamed one, and combine.
7. Add vanilla.
8. Stir in oatmeal mixture gently.
9. Using ice-cream scoop, fill greased muffin cups.
10. Bake at 375 F for 20-25 min.

Yield: 12 large muffins

HI-FI DROP MUFFINS

250 mL 100% BRAN CEREAL

175 mL 2% MILK

1 EGG

50 mL VEGETABLE OIL

75 mL BROWN SUGAR

175 mL ALL-PURPOSE FLOUR

175 mL WHOLE WHEAT FLOUR

25 mL WHEAT GERM

12 mL BAKING POWDER

5 mL CINNAMON

125 mL CHOPPED DATES

50 mL SUNFLOWER SEEDS

1. In bowl, combine cereal with milk; let stand 10 minutes.
2. Beat in egg, oil, and sugar.
3. In large bowl, combine all-purpose flour, whole wheat flour, wheat germ, baking powder and cinnamon.
4. Stir in dates and sunflower seeds.
5. Stir wet mixture into dry ingredients until just combined.
6. Drop by heaping spoonfuls into 12 mounds, 5 cm apart on lightly greased baking sheet.
7. Bake in 400 F oven for 20 minutes.

Yeild: 12 muffins

THREE-

GRAIN MUFFINS-IN-A-SQUARE

125 mL ALL-PURPOSE

125 mL CORNMEAL

125 mL QUICK-COOKING ROLLED OATS

125 mL PACKED BROWN SUGAR

50 mL WHOLE WHEAT FLOUR

50 mL 100% BRAN CEREAL

10 mL BAKING POWDER

5 mL BAKING SODA

5 mL CINNAMON

2 mL SALT

1 EGG

1 APPLE, GRATED

175 mL LOW-FAT MILK

25 mL CANOLA OIL

25 mL WHEAT GERM

1. In bowl, mix together all-purpose flour, cornmeal, rolled oats, brown sugar, whole wheat flour, oat bran, bran cereal, baking powder, baking soda, cinnamon, and salt.
2. In separate bowl, beat egg; stir in apple, milk and oil.
3. Quickly stir all at once into dry ingredients until just mixed.
4. Spread evenly in lightly greased 20 cm square baking pan.
5. Sprinkle with wheat germ.
6. Bake in 350 F oven for 40 minutes or until tester inserted into centre comes out clean. Makes 16 squares.

REFRIGERATOR BRAN MUFFINS

500 mL NATURAL WHEAT BRAN

500 mL BRAN CEREAL

500 mL BOILING WATER

1 L BUTTERMILK

250 mL SHORTENING

500 mL WHITE SUGAR

250 mL PACKED BROWN SUGAR

4 EGGS

1.25 L ALL PURPOSE FLOUR

20 mL BAKING SODA

7 mL SALT

500 mL RAISINS

1. In very large bowl, combine bran and bran cereal. Add boiling water, stir to moisten and let stand 10 minutes. Add buttermilk.
2. In another very large bowl, cream shortening with sugars.
3. Beat in eggs one at a time.
4. Add bran mixture to creamed mixture, stirring until blended.
5. Mix together flour, soda and salt; add raisins. Add to bran mixture, stirring until evenly mixed.
6. Cover tightly with foil and refrigerate at least 24 hours.
7. To make muffins, spoon batter into muffin tins lined with paper baking cups, filling about three-quarters full. Bake at 375 F for 20-25 minutes.

Make as many muffins as you wish, then return remaining batter to refrigerator. Batter will thicken considerably, but don't stir it before spooning it out.

Yield: About 5 dozen muffins.

Note: NATURAL BRAN is plain un-cooked bran with no sugar or other ingredients added.

BRAN CEREAL can be any of the ones labelled all-bran or 100% bran; do not use bran flakes.

YOUR BASIC PANCAKE

1 EGG

550 mL LOW-FAT MILK

25 mL BUTTER, MELTED

500 mL ALL-PURPOSE FLOUR

25 mL SUGAR

20 mL BAKING POWDER

4 mL SALT

1. In large bowl, whisk together egg, milk and butter.
2. In separate bowl, stir together flour, sugar, baking powder and salt; sprinkle over liquid mixture. Stir just enough to moisten.
3. In large skillet, melt just enough butter over medium to medium-high heat to coat surface of pan
4. Pour in batter, 50 ml at a time; cook for 1-1/2 to 2 minutes or until bubbles on top break but do not fill in and pancakes are golden and set on bottoms.
5. Turn and cook for 30 to 60 seconds or until set.

Yield: 12 pancakes

VARIATIONS:

1. Oatmeal Pancakes: Substitute 250 ml rolled oats for the same quantity of all-purpose flour.
2. Whole Wheat Pancakes: Substitute 250 ml whole wheat flour for the same quantity of all-purpose flour

PANCAKE ADD-INS

Here are possible additions to mix into the basic pancake batter when you add the dry ingredients.

FRESH FRUIT: Stir in 175 mL of any of the following: chopped apples, blueberries, raspberries, blackberries

DRIED FRUIT: Stir in 125 mL of any of the following: raisins, currants, chopped dates or prunes, slivered apricots or a combination of the above.

APRICOT AND ORANGE: Stir in 125 mL slivered dried apricots and 15 mL coarsely grated orange rind

PINEAPPLE AND LEMON: Stir in 175 mL drained crushed canned pineapple and 5 mL coarsely grated lemon rind.

CHEDDAR CHEESE AND APPLE: Stir in 175 mL grated Cheddar and 125 mL finely diced apple

BACON BITS: Stir in 75 mL crumbled cooked bacon

NUTTY: Stir in 75 mL chopped pecans, freshly shelled walnuts or almonds, toasted for more flavour

CHIPS AND NUTS: Stir in 75 mL each chocolate or butterscotch chips and chopped nuts

FRUIT SYRUP

125 mL SUGAR

45 mL CORNSTARCH

500 mL WATER

500 mL SLICED FRESH FRUIT

30 mL LEMON JUICE

1. Combine sugar and cornstarch in saucepan.
2. Add water
3. Bring to boil, stirring constantly
4. Add fresh fruit
5. Simmer until fruit is tender. Remove from heat
6. Add lemon juice
7. Serve on pancakes.

STRAWBERRY YOGURT POPS

1 (15 OUNCE) PACKAGE FROZEN SLICED STRAWBERRIES, THAWED

500 mL STRAWBERRY YOGURT

375 mL LOW-FAT MILK

1. Place undrained strawberries in blender container. Cover and blend at hegh speed until smooth.
2. Combine strawberry puree, yogurt, and milk.
3. Divide mixture evenly among sixteen 3-ounce paper cups.
4. Freeze until partially frozen.
5. Insert a wooden stick into the centre of each.
6. Freeze until firm.
7. To serve, peel off paper cup.

MORNING GLORY MUFFINS

500 mL ALL-PURPOSE FLOUR

25 mL WHEAT GERM

250 mL WHITE SUGAR

10 mL BAKING SODA

10 mL CINNAMON

2 mL SALT

500 mL GRATED CARROT

125 mL RAISINS

125 mL NUTS

125 mL COCONUT

1 APPLE, PEELED, CORED AND GRATED

3 EGGS

250 mL SALAD OIL

10 mL VANILLA

1. In large bowl mix flour, wheat germ, sugar, baking soda, cinnamon, salt.

2. Stir in the carrot, raisins, nuts, coconut, and apple

3. In a separate bowl, beat eggs, oil, and vanilla.

4. Stir the egg mixture into the flour one, just until they are combined.

5. Using an ice-cream scoop, fill greased muffin cups. OR a greased 20 cm square baking pan.

6. Bake at 350 F for 20 min.

Yield: 14 large muffins

DATE'N BRAN LOAF

250 mL WHEAT BRAN
375 mL LOW-FAT MILK
80 mL MOLASSES
250 mL WHOLE WHEAT FLOUR
250 mL ALL-PURPOSE FLOUR
30 mL SUGAR
3 mL CINNAMON
15 mL BAKING POWDER
3 mL BAKING SODA
50 mL CHOPPED WALNUTS
125 mL CHOPPED DATES
1 EGG, BEATEN
45 mL VEGETABLE OIL
5 mL VANILLA

1. In a medium bowl, combine bran, milk, and molasses; let stand for 5 minutes.
2. In large bowl, combine flours, sugar, cinnamon, baking powder, baking soda, walnuts and dates; set aside.
3. Add egg, oil, and vanilla to bran mixture; stir to combine.
4. Add bran mixture to dry ingredients; stir until just combined
5. Pour batter into greased loaf pan.
6. Bake at 350 F for 50 to 55 minutes.
- 7 Cool loaf in pan 10 minutes; remove from pan; complete cooling on rack.

FLUFFY FRESH FRUIT OMELETTE

2 EGGS, SEPARATED

15 mL SUGAR

15 mL LOW-FAT MILK, OR WATER

5 mL BUTTER OR OIL

FRUIT FILLING

1. Preheat oven to 350 F
2. Separate eggs and beat egg whites until stiff but not dry.
3. Gradually beat in sugar until combined.
4. Beat egg yolks with milk or water.
5. Melt butter or oil in an 20 cm omelette pan over medium heat.
6. Fold beaten egg whites into yolk mixture. Pour mixture into heated pan, spread evenly.
7. Cook over low heat until the omelette has set in the pan, 1-2 minutes.
8. Place pan in oven until omelette puffs and becomes golden, 5-7 minutes.
9. Remove omelette from oven.
10. Place fruit on one half of omelette.
11. Fold and slip onto serving plate, top with plain yogurt, soft cream cheese, or sour cream.

Suggested fruit fillings: Strawberries, blueberries, raspberries, peaches, jam or preserves, applesauce

BEET-APPLE MUFFINS

175 mL ALL-PURPOSE FLOUR
50 mL SUGAR
4 mL BAKING POWDER
2 mL BAKING SODA
2 mL CINNAMON
2 mL SALT
50 mL VEGETABLE OIL
1 EGG, BEATEN
125 mL GRATED RAW BEET
50 mL APPLESAUCE
3 mL VANILLA

1. Grease 6-8 muffin cups and preheat oven to 350 F
2. Combine flour, sugar, baking powder, baking soda, cinnamon and salt in a bowl. Set aside.
3. In another small bowl, combine vegetable oil, egg, grated beet, applesauce and vanilla.
4. Add moist ingredients to dry, quickly stirring until thoroughly mixed.
5. Spoon batter into greased muffin cups.
6. Bake at 350 F for 20 to 25 minutes.

VARIATION:

CARROT-APPLE MUFFINS: Substitute 125 mL grated carrot for the grated beet.

BASIC EGG COOKERY

SCRAMBLED EGGS: Allow two or more eggs per serving.

1. Mix eggs with salt, pepper and 15 mL milk or water per egg.
2. Melt 5 mL butter per egg in frying pan.
3. Add egg mixture and cook slowly over low heat.
4. Stir occasionally to allow uncooked portion to flow to the bottom.
5. Cook until eggs are thickened throughout but still moist.

EGGS COOKED IN THE SHELL:

1. Place eggs in saucepan and add enough water to cover at least 2.5 cm above the eggs.
2. Cover and bring to gentle boil.
3. Immediately reduce heat to prevent further boiling.
4. Let eggs stand in hot water until cooked as desired: two to five minutes for soft-cooked and 15 to 20 minutes for hard-cooked eggs.

FRIED EGGS:

1. Heat 15 mL of oil in a moderately hot pan.
2. Break and slip eggs into pan.
3. Cook slowly to desired firmness, basting eggs with either hot oil or 15 mL water; OR turn to cook on both sides.

POACHED EGGS:

1. Bring 5 cm water to the boiling point.
2. Reduce heat to simmer; bubbles should not break surface.
3. Break each egg onto a saucer and slip carefully into water. Cook 3 to 5 minutes. Remove with slotted spoon.

QUICK MINI QUICHE

18 SLICES FRESH BREAD, CRUSTS REMOVED

BUTTER FOR SPREADING

8 EGGS, BEATEN

250 mL LOW-FAT MILK

125 mL CREAM OR YOGURT

PEPPER

6 SLICES BACON

125 mL GREEN ONION, FINELY CHOPPED

250 mL GRATED CHEESE (SWISS OR CHEDDAR)

1. Preheat oven to 325 F

2. Butter slices of bread and press buttered side down firmly into muffin tins. Bake for 10 minutes.

3. In the meantime, combine eggs, milk, cream or yogurt and pepper in a large measuring cup. Set aside.

4. In a pan, saute bacon and onion until both are cooked

5. Divide bacon and onion mixture between the 18 bread cups. Pour egg mixture over the top, allow mixture to be partially absorbed and re-fill. Sprinkle tops with cheese.

6. Bake for 30 minutes or until golden and puffed. If edges of bread start to brown before eggs are set, cover with aluminum foil. Garnish with chopped parsley.

Yield: 18

SIMPLE SIMON SOUFFLE

15 mL BUTTER

6 EGGS

125 mL 18% CREAM

50 mL GRATED PARMESAN CHEESE

2 mL PREPARED MUSTARD

75 mL FLOUR

2 mL SALT

1 mL PEPPER

227 g SHARP CHEDDAR CHEESE

227 g CREAM CHEESE, SOFTENED 1. Preheat oven to 375 F

2. Butter a 1.5 L souffle dish or other deep baking dish.

For individual souffles, use five or six small baking cups.

3. Combine eggs, cream, Parmesan cheese, mustard, flour, salt and pepper in blender container and mix until smooth.

4. Cut Cheddar and cream cheese into small pieces and add piece by piece, mixing until smooth.

5. Pour souffle mixture into prepared dish.

6. Bake for 45 minutes for a soft liquidy centre, or 50 minutes for a firm souffle.

Bake individual souffles for 15 to 20 minutes.

7. Serve immediately.

Yield: 6 servings

ASPARAGUS HAM OVEN OMELETTE

1250 mL CUBED BREAD

375 mL HAM, DICED

750 mL ASPARAGUS TIPS, CANNED, CUT IN HALF

500 mL SHREDDED CHEDDAR CHEESE

6 EGGS

750 mL LOW-FAT MILK

1 SMALL ONION, FINELY CHOPPED

2 mL SALT

5 mL DRY MUSTARD

1. Grease a 3 L baking dish.

2. Layer one-third each of the bread, ham, asparagus and cheese in the baking dish, repeat to make two more layers.

3. Beat eggs with milk, onion, salt and mustard until blended.

4. Pour over strata.

5. Cover and refrigerate at least 3 hours or overnight.

6. Bake at 325 F uncovered for 60 minutes.

Yield: 8 servings

FRENCH TOAST

2 EGGS, BEATEN

125 mL LOW-FAT MILK

1 mL SALT (OPTIONAL)

6 SLICES CRACKED WHEAT OR WHOLE GRAIN BREAD

1. With beater, combine eggs, milk, salt.
2. Heat frying pan moderately hot. Grease with oil.
3. Pick up bread on fork, dip both sides into egg mixture, and put on hot frying pan.
4. Brown on both sides, turning with pancake turner.
5. Serve hot with fruit or syrup.

PINEAPPLE CARROT CREPES

3 EGGS

300 mL ALL-PURPOSE FLOUR

30 mL ICING SUGAR

250 mL LOW-FAT MILK

15 mL LEMON JUICE

30 mL MELTED BUTTER

125 mL GRATED CARROT

OIL FOR COOKING CREPES

ICING SUGAR

TOASTED COCONUT

1. Combine all ingredients, EXCEPT grated carrot, in blender or food processor. Cover and blend mixture until smooth.
2. Stir in carrots.
3. Let rest one hour.
4. Set a small crepe pan over moderately high heat; brush with oil.
5. Pour in enough batter to cover bottom of pan with a thin even layer. Hold over heat for 2-3 minutes, until underside is lightly browned.
6. Flip crepe over and briefly cook other side.
7. Repeat with remaining batter.
8. Stack cooked crepes one on the other, separated with small squares of waxed paper .
9. Enclose a spoonful of Pineapple Crepe Filling in each crepe. Place seam side down in a buttered baking dish. Sprinkle with icing sugar and toasted coconut.

10. Set briefly under a preheated broiler before serving.

Yield: 6 servings

PINEAPPLE CREPE FILLING

250 mL WHIPPING CREAM

15 mL SUGAR

5 mL VANILLA

1(398mL) CAN PINEAPPLE TIDBITS, DRAINED

1. Beat cream until stiff; add sugar and vanilla.

2. Fold in drained pineapple.

Yield: 500 mL

WHIZ CINNAMON ROLLS

500 mL BISCUIT MIX

80 mL MILK

50 mL SUGAR

5 mL CINNAMON

1. Heat oven to 425 F
2. Grease 12 muffin cups
3. In bowl, beat together biscuit mix and milk
4. Turn dough out onto flour-covered board, and knead gently 8-10 times.
5. Roll into 12x7 inch rectangle.
6. Spread with soft butter.
7. Sprinkle with sugar and cinnamon.
8. Roll up tightly widthwise. Seal well
9. Cut into 1-inch slices
10. Set in muffin cups.
11. Bake about 15 minutes, or until brown.

EASY COFFEE BREAD

185 mL WARM WATER

1 PACKAGE ACTIVE DRY YEAST 50 mL SUGAR

5 mL SALT

250 mL ALL PURPOSE FLOUR

1 EGG

50 mL SHORTENING

300 mL ADDITIONAL A.P. FLOUR

125 mL RAISINS

1. In large mixing bowl, place warm water
2. Sprinkle yeast over the top.
3. Stir until yeast is dissolved.
4. Stir in sugar, salt, and first flour amount.
5. Beat 2 minutes.
6. Add egg and shortening.
7. Add second flour, and beat until smooth.
8. Add raisins.
9. Grease 8 or 9 inch square pan.
10. Drop small spoonfuls over entire bottom of pan. Cover.
11. Let rise in warm place until dough is double in bulk, about 60 minutes.
12. Bake at 375 F for 30-35 minutes.
13. Remove from pan.
14. Ice with a mixture of 185 mL icing sugar, 15 mL orange juice, and 1 mL grated orange rind.