

Fuel Your Day With Better Breakfasts

(NAPSA)—Breakfast can be hit or miss—or hit and run—for many who just grab whatever is handy and go...or skip it altogether. “That’s no way to start your day,” says Tammi Hancock, R.D. “Think of your body as a car. You need to give it some fuel to get it started in the morning. Choosing healthier foods, like taking care of your car, will help your body work better in the long run.”

Hancock suggests making some simple substitutions for a healthier start to your day. Instead of eating cereal with full-fat milk or tasteless skim, try enhanced fat-free milks from Smart Balance, which are rich and creamy, without all the saturated fat. Lighten up your toast without losing flavor by switching out butter for healthier buttery spreads. Smart Balance milks and spreads provide vitamins and minerals needed for a morning energy boost.

For a healthier and great-tasting pancake recipe, try **Whole Wheat Apple Pancakes**:

Pancakes

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 Smart Balance™ Omega-3 Egg
- 1 cup Smart Balance® Fat Free Milk and Omega-3s
- 1 tablespoon Smart Balance® Cooking Oil

Sautéed Apples

- 2 tablespoons Smart Balance® Buttery Spread Original
- ¼ cup brown sugar
- ½ teaspoon cinnamon
- 4 cups peeled and chopped apples

Directions:

Combine both flours, bak-



Whole Wheat Apple Pancakes made with Smart Balance make a better breakfast.

ing powder, baking soda and salt in a mixing bowl. Beat egg separately. Add milk and oil to egg and stir to mix. Pour mixture into dry ingredients and whisk until smooth. Preheat a nonstick griddle or skillet over medium to medium-low heat. Meanwhile, prepare apples. Melt Smart Balance® Spread in a skillet over medium heat. Stir in brown sugar and cinnamon. Add apples and stir to combine. Cook apples 5 to 10 minutes or until softened and juices have formed a thin syrup.

When griddle is hot, pour ¼-cup portions of batter onto griddle surface. Cook until bubbles form on top and bottom is browned. Flip pancakes and cook until browned on the other side. Serve topped with sautéed apples.

Yield: 4 servings of two pancakes each and about 2½ cups sautéed apples total.

Per serving: 341 calories, 10 g fat, 2 g saturated fat, 0 g trans fat, 3 g polyunsaturated fat, 4 g monounsaturated fat, 559 mg omega-3 fatty acids, 2,525 mg omega-6 fatty acids, 55 mg cholesterol, 607 mg sodium, 57 g carbohydrate, 5 g fiber, 8 g protein.

For more recipes, visit www.smartbalance.com.