

# food&family

## Give Breakfast A Wake-Up Call This Morning

(NAPSA)—At the start of another busy year, it may be time to rethink breakfast. There's no doubt breakfast is an important meal for both kids and adults (it supplies energy to start your day and may help you concentrate so you can be more productive), but often there's not enough time in the morning to sit down and eat at the table.

If you're looking for some food ideas you and your family can take on the run, Kraft Kitchen's Andrea MacAlpine recommends these grab-and-go recipes:

### Grab & Go Breakfast Muffins

1 cup flour  
1 cup POST Honey Bunches of Oats Cereal  
½ cup sugar  
1 Tbsp. baking powder  
1 cup peanut butter  
1 cup milk  
1 egg

**STIR** flour, cereal, sugar and baking powder together in a large bowl.

**MIX** peanut butter, milk and egg in a small bowl. Stir into flour mixture with a few handfuls of add-ins\* until just moistened.

**DIVIDE** between 12 muffin cups and bake at 400°F for 20 minutes or until golden. Cool.

\* Try add-ins like chopped and peeled apples or pears, frozen berries, mashed bananas, drained pineapple tidbits, dried cranberries, dates, apricots or raisins.

*Nutrition Info (per muffin): 230 calories, 11g fat, 27g carbohydrate, 2g dietary fiber, 7g protein.*

### Breakfast Munch Mix

2 cups POST Cereal (see note)



These Grab & Go Muffins are a nutritious, healthful way to get the day off to a great start.

1 cup dried pineapple, cranberries, apricots or raisins  
1 cup (combined total) toasted almonds, pumpkin seeds, walnuts, shredded coconut, peanuts, banana chips or sunflower seeds

**MIX** together in a large, resealable plastic bag or container. Keeps for 1 week.

**Note:** Try POST Spoon Size Shredded Wheat or Honey Nut Shredded Wheat, ALPHA-BITS Frosted Letter Shaped Oat and Corn Cereal or HONEY-COMB Brand Sweetened Corn and Oat Cereal.

*Nutrition Info (per ½ cup serving): 180 calories, 7g fat, 29g carbohydrate, 4g dietary fiber, 4g protein.*

### Traveling CREAM OF WHEAT

1 packet Cream of Wheat Hot Cereal  
½ cup milk  
Raisins or dried cranberries

**EMPTY** cereal into travel mug or thermos.

**HEAT** milk in microwave until steaming; stir into cereal.

**ADD** handful raisins or dried cranberries. Cover and don't forget to take a spoon.

*Nutrition Info: 270 calories, 2.5g fat, 56g carbohydrate, 2g dietary fiber, 8g protein.*

### Tips To Get A Head Start

To help make sure you get enough nutrition in the morning, consider these tips:

- Combine the above recipe ideas with a piece of fruit and a carton of milk or yogurt for a well-rounded meal.

- To make more time in the morning, go to bed 15 minutes earlier and set the alarm 15 minutes earlier than normal.

- Carry BALANCE Yogurt Honey Peanut Bars in your car in case you leave the house empty-handed.

- If you eat on the run, stock up on specially designed containers and plastic eating utensils.

For more great recipes and ideas on healthy living, visit the Web site at [www.kraftfoods.com](http://www.kraftfoods.com).