

Power Breakfast: From Flap Jacks To Jumping Jacks

(NAPSA)—It may be easier than you think to start your day with a “power breakfast”—a nutritious, well-balanced meal and a morning body warm up.

A healthy breakfast does not have to be cereal, fresh fruit and orange juice. Bruce’s Sweet Potato Pancake Mix—seasoned with cinnamon and vanilla—is easy to prepare, just add water. What’s more, the product is certified by the American Heart Association. The U.S. Council for Nutrition ranked the sweet potato the number one vegetable in nutritional value. Besides the great taste, the sweet potato is a wonderful source of vitamins A, C and E and is fat-free, cholesterol-free, low in sodium and high in fiber.

Use the mix to whip up a Sweet Breakfast Smoothie. Blend your choice of fruits, apple juice, vanilla yogurt and Sweet Potato Pancake Mix for an extra boost of flavor and nutrients. Here’s a version to try.

Strawberry Banana Breakfast Smoothie

1 cup apple juice

1 banana, sliced

2 cups strawberries, sliced

**1/2 cup Bruce’s Sweet Potato
Pancake Mix**

1 cup vanilla yogurt

**Add all the ingredients to a
blender or food processor.
Blend until smooth.**

Makes 4 8-ounce servings.

**Nutrition Information: 200
Calories; 2 g fat, 5 mg cholesterol,
45 mg sodium; 15% Calcium;
90% Vitamin C**

While preparing your power breakfast, wake your body with the “Kitchen Workout,” recommended by national fitness authority, Heather Hawk.

• **Arm Circles:** Hold on to your pancake spatula at each end and raise your arms above your



A delicious smoothie and a stretch can be an easy way to start your day on a healthy note.

head. Keep knees slightly bent and slowly make a circle using only your arms. Move from the shoulders, not the waist. Start with small circles and gradually make them larger. Make the same circles in the other direction.

• **Side Stretch:** Place your feet shoulder width apart and keep your knees slightly bent. Slowly lean to the right, bending from the waist. Breathe deeply and gradually increase the stretch on the side of the torso. Repeat the side stretch to the left.

• **Low Back Stretch:** Stand with your feet shoulder width apart—a few feet from the kitchen counter—and bend your knees slightly. Place your hands on the edge of the counter. Slowly bend forward from the waist. Stop when your back is flat. Hold the stretch.

• **Leg Swings:** Stand sideways with your left arm closest to the kitchen counter. Hold the edge of the counter with your left hand. Slowly swing your right leg back and forth. Begin with small arcs and increase the size. Repeat on the other side.

For more information, visit www.brucefoods.com.