

Cool Breakfast Tips

Back-To-School Fuel In Your Freezer

(NAPSA)—With the long days and hectic schedules that have become a regular part of American life, families are constantly looking for ways to simplify their busy mornings and make sure everyone is “fueled” for the day.

One “cool” solution is opening the freezer door and pulling out some of America’s favorite frozen foods. In just minutes, you can have a healthy, tasty, nutritious breakfast ready to go.

Available at your fingertips are healthy freezer favorite options like whole-grain waffles or pancakes topped with frozen berries, or egg dishes and breakfast bowls that are easy to heat up and serve. Frozen orange and fruit juices take only minutes to prepare and complement a nutritious breakfast by adding essential nutrients, such as Vitamin C. And if you’re in a rush, there are many on-the-go options such as bagels and breakfast burritos, when combined with a fruit, provide the ultimate in quick meals.

Here are some fun and easy ideas to keep breakfast and snacks nutritiously simple:



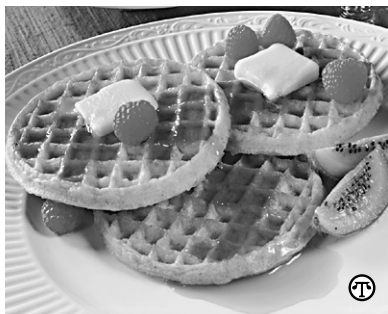
Waffles with Syrup and Fruit

8 frozen waffles (homestyle, buttermilk, low-fat or multi-grain)

1 cup frozen berries (any variety)

¼ cup maple-flavored syrup

Prepare waffles, top with thawed berries and syrup. Garnish with fruit. Serves 4.



Frozen foods are a quick and convenient way to keep families “fueled” throughout the day.

Variations

Peanut Butter and Jam-filled Waffles: Use creamy peanut butter and your favorite jam or preserves to create a unique sandwich.

Waffles with Orange Syrup: Create a tasty waffle topping by combining 1 cup sugar and ½ cup orange juice (from frozen concentrate) in a small saucepan. Bring to a boil, stirring occasionally. Remove from heat; stir in 1 Tbsp. grated orange peel.

Fruit-and-Yogurt-Topped Waffles: In a small bowl, combine 1 cup of thawed frozen fruit and 2 Tbsp. honey. Spoon vanilla yogurt and fruit mixture onto waffles. Sprinkle with granola.

According to the National Frozen & Refrigerated Foods Association (www.nfraweb.org), frozen foods provide the variety and versatility today’s busy families need. From easy after-school snacks kids can prepare themselves to complete family meals, the frozen food aisle offers quality meal solutions that can go from freezer to table in minutes.

For more tasty recipes and information on Freezer Favorites, visit www.easyhomemeals.com.