

## Learning Objectives:

At the end of these four sessions, participants will be able to:

1. discuss at least two reasons breakfast is an important meal;
2. demonstrate at least one way to cook an egg and discuss the nutritional benefits of eggs;
3. demonstrate how to make and cook a batter for pancakes, waffles or French toast, and also discuss at least two options for making those foods healthier;
4. demonstrate how to make smoothies or fruit parfaits and discuss how to make these healthy breakfast options
5. discuss at least three key components of a well-planned, healthy breakfast

## Topic:



### Class 3: Pancakes and Waffles

#### Talking Points:

##### 1. Health benefits of breakfast

- a. Breakfast enhances your body's metabolism.
- b. Breakfast is the first meal you eat after night long fast hence it is the most important meal to jump-start your metabolism. When you skip a meal your brain signals your body's metabolism to s-l-o-o-o-w down and, as a result, your blood sugar drops. If your metabolism is lagging than you can't burn calories efficiently.
- c. Eating breakfast improves your daily nutrient consumption. Even a simple breakfast can provide you with a large amount of vitamins like vitamin B6, A, minerals like calcium, iron, etc.

- d. Breakfast is essential for improving your concentration and productivity throughout the day.
  - i. Children who eat breakfast have shown greater improvements in standardized test scores and increased ability to concentrate in class; they also are more alert and creative.
  - ii. Likewise, adults are better able to perform in an office or work environment if they have taken the time to eat breakfast.
- e. Eating a healthy breakfast plays an important role in controlling weight gain.
  - i. Eating breakfast is a daily habit for the "successful losers" who belong to The National Weight Control Registry. These people have maintained a 30-pound (or more) weight loss for at least a year, and some as long as six years. 78% reported eating breakfast every day, and almost 90% reported eating breakfast at least five days a week - which suggests that starting the day with breakfast is an important strategy to lose weight and keep it off,
  - ii. A cross-sectional study of over 4,200 men and women published in the Journal of the American Dietetic Association divided the study subjects into three groups: Those who didn't eat breakfast, those who ate breakfast, and those who ate ready-to-eat cereal for breakfast.

Those who ate high fiber cereal had the lowest BMI (Body Mass Index), and those who skipped breakfast had the highest.

- f. Breakfast keeps you energized the whole day and controls your hunger pain and snacking urges.

## 2. What makes a good breakfast:

### a. Strive for 5

- i. 5 grams of fiber



ii. 5 grams of protein

**b. Think three types of foods:**

i. **Whole grains for energy and fiber:** Whole grains may be cold or hot cereals; whole grain toast, English muffins, or bagels; or even leftover brown rice from dinner.

1. **Look for Whole Grain:** When choosing cereals, look at the list of ingredients on the label.

a. The first ingredient should be a "whole" grain, which implies less processing and less added sugar.

b. Consider a cereal that is fortified with a variety of vitamins and minerals.

c. Add variety to your morning by mixing handfuls of three different cold cereals together for a completely new taste.

d. Add a tablespoon of bran to your cereal for crunch, fiber, and vitamins.

e. **Add Your Own Sweeteners:** Instead of buying pre-sweetened and flavored hot cereals, make your own! Add applesauce, dried fruit, or diced fresh fruit; sprinkle with a small amount of brown sugar and cinnamon and enjoy!

f. **Avoid so-called "breakfast bars:"**

i. Usually the first ingredient in a bar is sugar, followed closely by refined flour.

ii. Most breakfast bars are nutritional in name only. Instead,

iii. Opt for whole grain toast, bagels or English muffins. Top with peanut butter, jam, or even cottage cheese sprinkled with cinnamon.

2. **Eat fruit for even more fiber and for vitamin power:**

Many people eat fruit only once a day: with breakfast. You may gag at the thought of a banana every day, but we can be more creative than that!

a. Fresh berries taste great on a host of cold cereals.



- b. Melon mixed with oatmeal is a real treat.
  - c. Make fruit salad for dinner, and eat the leftovers for breakfast, mixed with yogurt and low-fat granola.
  - d. Make a "pizza" from leftover or frozen pancakes or waffles: top with yogurt, add cut-up fruit and a drizzle of maple syrup.
3. **Eat protein for lasting energy:** Foods containing protein add additional punch to breakfast. They also keep our hunger satisfied longer and make breakfast a complete meal.
- a. Dairy products such as milk and yogurt are excellent sources of protein.
  - b. The traditional egg for breakfast also supplies protein, but often with a not-so-healthy dose of fat.
    - i. Try poached or boiled eggs with whole grain toast.
    - ii. You can even make your own "egg McMuffin": Top a whole-grain English muffin with an egg (fried in a non-stick skillet with cooking spray) and a slice of low-fat cheese.
  - c. Instead of high-fat sausage or bacon, try Canadian bacon. It has far less fat than regular bacon, with a wonderful taste.
  - d. Many people like egg substitutes. Make them into omelets filled with vegetables; scramble with bits of Canadian bacon; try them in French toast!

### **3. Let's practice: Pancakes and Waffles– How to make and cook batters**

#### **A. Batter basics**

- a. Measure all ingredients carefully, paying particular attention to Tbsp. (Tablespoon) versus tsp. (teaspoon). One Tbsp. = 3 tsp.

- b. If your flours are lumpy, consider sifting them. In most cases the dry ingredients are mixed together separately and then added to the liquids.
- c. You can always substitute whole wheat flour for half of the white flour without hurting the batter.
- d. Stir as directed. Many batters are supposed to be lumpy.

## **B. Practice Cooking**

### **a. Pancakes from the Pantry (Pancake Mix)**

#### **a. Pancake Mix from the Pantry**

**Ingredients for Pancake Mix – Yield = about 10 cups or 5 batches of pancakes**

#### **Pancake Mix Ingredients**

4 c. quick-cooking oats	2 c. all-purpose flour
2 c. whole wheat flour	1 c. brown sugar, packed
1 c. dry milk powder	4 Tbsp. cinnamon
5 tsp. salt	½ tsp. cream of tartar

#### **Instructions for Pancake Mix:**

Combine all ingredients together, mixing well. Place dry mix in an airtight container or bag or in two one-quart canning jars. Store the container(s) in the freezer if you don't plan to use the mix within the month.

#### **Ingredients for Pancakes (Yield: about 10 pancakes)**

½ cup fat-free, cholesterol-free egg substitute or two fresh eggs,  
 1/3 cup canola oil  
 2 cups *Pancakes from the Pantry* pancake mix  
 1 cup water  
 2 tsp. vanilla

#### **Instructions for Pancakes**

1. Place egg substitute or well-beaten fresh eggs in a large mixing bowl. Use a wire whip to gradually beat in oil.
2. Alternately add pancake mix and water to egg mixture; blend well.
3. Cook pancakes on a lightly greased griddle. You will know the pancakes are ready to turn over when small bubbles rise to the top and break.
4. Serve with warm unsweetened applesauce

## **b. Sweet and Savory Muffins**

### **Ingredients for basic muffins**

1 cup all-purpose flour	1 cup whole wheat flour
3/4 cup sugar	3 teaspoons baking powder
1/2 teaspoon salt	1 egg or ¼ cup egg substitute
1 cup skim milk	1/4 cup canola oil

### **Instructions**

1. Preheat oven to 400 degrees F (205 degrees C).
2. Stir together the flours, sugar, baking powder and salt in a large bowl. Make a well in the center.
3. In a small bowl or large measuring cup, beat egg with a fork. Stir in milk and oil. Pour all at once into the well in the flour mixture.
4. Mix quickly and lightly with a fork until moistened, but do not beat. The batter will be lumpy.
5. Fold in one of the options below.
6. Spoon the batter into paper lined muffin pan cups.
7. Bake for 25 minutes, or until golden

### **Variations:**

1. Blueberry Muffins: Add 1 cup fresh blueberries.
2. Raisin Muffins: Add 1 cup finely chopped raisins.
3. Date Muffins: Add 1 cup finely chopped dates.
4. Cheese Muffins: Add 1 cup low-fat grated sharp Cheddar cheese.
5. Bacon Muffins: Add 1/4 cup real bacon bits
6. Bacon-Cheese Muffins: Add ½ cup low-fat grated sharp Cheddar cheese and 2 Tbsp. real bacon bits

### ***c. Fluffy French Toast***

#### **Ingredients**

1/4 cup whole-wheat flour	1 cup skim milk
1 pinch salt	3 eggs or ¾ c. Eggbeaters
1/2 teaspoon ground cinnamon	1 teaspoon vanilla extract
1 tablespoon white sugar	12 slices whole wheat bread

#### **Cooking Instructions**

1. Measure flour into a large mixing bowl. Slowly whisk in the milk. Whisk in the salt, eggs, cinnamon, vanilla extract and sugar until smooth.
2. Heat a lightly oiled griddle or frying pan over medium heat.
3. Soak bread slices in mixture for about 30 seconds per side until saturated but still able to be handled without falling apart.
4. Place soaked bread on griddle or in skillet and cook bread on both sides over medium heat until golden brown.
5. Serve hot with applesauce, berries, or other fruit.

### **d. Banana Tortilla Wrap** (Yield: 1 wrap)

#### **Ingredients**

- 1 whole wheat tortilla (8" diameter)
- 2 Tbsp. peanut butter, smooth or crunchy as desired
- 1 firm, ripe banana

#### **Instructions**

1. Soften the tortilla by placing it between two slightly damp paper towels and heating it in the microwave on "high" for 15-30 seconds.
2. Spread the warmed tortilla with peanut butter.
3. Peel banana and place it approximately one-fourth of the way from the edge of the tortilla.
4. Fold the sides of the tortilla on either end of the banana over the banana tips and roll tortilla around the banana, starting at the edge nearest the banana. Enjoy!

### ***e. Peanut Butter and Jam Wafflewiches***

#### **Ingredients**

2 whole-grain toaster waffles	1 Tbsp. peanut butter
1 Tbsp. jam or jelly	1/2 banana, sliced

#### **Cooking Instructions**

1. Toast the waffles in the toaster as usual
2. Spread one waffle with peanut butter. Spread the other waffle with jam or jelly.
3. Arrange sliced banana over one side and sandwich the two waffles together. Squish so that they stick together.
4. Cut into quarters and serve.

### ***f. Apple Puff Pancake***

#### **Ingredients**

2 Tbsp. Butter or margarine	4 eggs or 1 cup Eggbeaters
1 cup skim milk	1 tsp. vanilla
1/3 cup all purpose flour	1/3 cup whole wheat flour
2 Tbsp. granulated sugar	1/4 tsp. ground cinnamon

2 medium apples, peeled, cored and thinly sliced

1/4 cup powdered sugar for dusting

#### **Instructions**

1. Preheat the oven to 425 degrees F .
2. In a medium sized mixing bowl, beat together the eggs, milk and vanilla with an electric mixer until well mixed and foamy.
3. In a small bowl, stir together the flours, sugar and cinnamon. Add to the egg mixture and beat just until smooth. Set aside for a moment.
4. Place the butter in a 10-inch deep-dish pie plate or a 9-inch square baking dish. Place the pie plate or baking dish into the oven and let

heat until the butter is melted and hot. Remove from the oven and holding the dish carefully with oven mitts, swirl gently to coat the entire surface with butter. Quickly arrange the apple slices evenly on the bottom of the dish and pour in the batter.

5. Place in the oven and bake 30 to 35 minutes or until puffed and lightly browned. Dust very lightly with powdered sugar before cutting into wedges or squares. Servings: 6 to 8.