

For Collegians:

A Breakfast Survival Guide

Is this the year—the breakaway semester when your son or daughter off at college has decided to live off campus? And you're just a little nervous at the prospect? It's not just the total independence of it. There is also that nagging question, what are they going to eat? He can't cook. She'll skip breakfast. He'll never eat and make his 8 o'clock classes.

Not to panic; there's help right here. If they can just get over the breakfast hurdle, get the day off to a healthier start, they'll be well on their way. Most nutritionists agree that a nourishing breakfast is important for young college students with active schedules. Here, a clip-and-save plan you can send to your collegian to help get him or her off on the right foot.

It's a three-way plan: 1) Give them suggestions for quick on-the-go breakfasts that use the kinds of things they like to eat—fruit, yogurt, cereal. 2) Help them out by preparing breakfast makings and sending them off in a "Breakfast Survival Package." One idea—a practical muffin mix you send with baking instructions and perhaps a new muffin pan as incentive. The other—easy Granola Bars, as welcome as the more traditional brownies. 3) Suggest an idea for a weekend build-it-yourself breakfast pizza that's not just good for them, but fun as well.



Flakes Muffins

This recipe comes in two parts: the mix part, which Mom (or Dad) makes at home, then sends on with the appropriate instructions, so the student can whip up a batch of muffins in a jiffy.

Flakes Muffin Mix

- 4 cups all-purpose flour
- 1/2 cup sugar
- 2 tablespoons plus 2 teaspoons baking powder
- 3 teaspoons salt
- 1-1/3 cups vegetable shortening
- 5 cups Fruit & Fibre cereal, any flavor*

*Or use raisin bran or Grape-Nuts flakes.

Mix flour with sugar, baking powder and salt in large bowl. Cut in shortening with pastry blender or 2 knives. Stir in cereal. Store in covered jar in refrigerator for as long as 4 weeks. Makes 10 cups, enough for 4 batches of 10 to 12 muffins each.

What you do: Put mix in plastic container and seal tightly. Pack well and send off, accompanied by this recipe. (Note: When made with vegetable shortening, there is no problem about sending mix unrefrigerated.)

Flakes Muffins

To make 10 to 12 muffins:

- Place 2-1/2 cups Flakes Muffin Mix in a bowl.
- Combine 1 cup milk and 1 well-beaten egg; add to muffin mix. Mix only enough to dampen flour.
- Spoon into greased muffin pans, filling each about two-thirds full.
- Bake at 400° for about 25 minutes or until lightly browned.



Crunchy Granola Bars

- 3 cups Grape-Nuts Flakes
- 1 cup Grape-Nuts cereal*
- 1/4 cup milk
- 1/2 cup raisins*
- 1/2 cup Angel Flake coconut
- 1/2 teaspoon cinnamon
- 1/4 cup melted butter or margarine
- 1/3 cup honey
- 2 eggs, slightly beaten
- 1/2 teaspoon vanilla

*Or use raisin Grape-Nuts brand cereal and eliminate raisins.

Combine cereals and milk in bowl and let stand 5 minutes. Stir in raisins, coconut and cinnamon. Add butter, honey, eggs and vanilla; mix well. Press into ungreased 9-inch square pan. Bake at 350° for 30 to 35 minutes or until golden brown. Cool and cut into bars or squares. Makes about 12 bars.



For college breakfasts, a cereal pizza and easy muffins from a make-ahead mix.

CLIP AND SEND THIS BREAKFAST SURVIVAL GUIDE

Weekday Breakfast

When you're off to class and in a big hurry, here are quick and good-for-you ideas to go with your juice and milk and get you and your roommates off to a good start:

- **Cereal Parfait:** Just layer cereal with yogurt or cottage cheese and fruit.
- **Fruity Pour-Ons:** Whirl milk and fruit (berries, banana, peaches, pears) in a blender and pour over cereal in bowl.
- **Sprinkle-Ons:** For breakfast on the run, sprinkle crunchy nutlike cereal nuggets over fruit, cottage cheese or yogurt.
- **Make-Ahead Muffins:** (This needs a little help from Mom; all you add are egg and milk.) Make muffins the night before, then reheat the next morning. Spread with peanut butter.
- **Grab-a-Granola-Bar:** An easy make-ahead (by you or Mom) that's quick and satisfying with milk, fruit and a wedge of cheese.

Shopping Tactics

Breakfast is no problem if your breakfast pantry is up to par and your refrigerator's in good shape.

Check for these:

- Cereals, a variety to satisfy all tastes
- Protein-providing extras—whole, lowfat or skim milk, yogurt, cottage cheese, eggs
- Fresh fruit and fruit juice
- Bread for toast
- Pancake mix
- Toppings, such as pancake and waffle syrup, preserves
- Dried fruits, coconut
- Coffee, tea

On Weekends

When there's time for more leisurely breakfasts, and friends are likely to drop in, here's a super idea for a pizza pancake that bakes in the oven. Have ready an assortment of toppings so each can go creative with that slice of breakfast pizza.

Weekend Breakfast Pizza

- 1 egg, slightly beaten
- 3/4 cup milk
- 1/4 cup oil
- 1 cup regular pancake and waffle mix
- 1 cup Grape-Nuts flakes*
- 2 tablespoons cinnamon-sugar**
- Toppings

*Or use raisin bran or Fruit & Fibre whole wheat and bran cereal, any flavor.

**Or use 2 tablespoons sugar mixed with 1/2 teaspoon cinnamon.

Combine egg, milk, oil and pancake mix in bowl; mix until well blended. Pour into greased 12-inch pizza pan or 13x9-inch pan. Sprinkle cereal and cinnamon-sugar evenly over batter. Bake at 425° for 10 to 12 minutes, or until top springs back when lightly pressed. Cut into wedges and serve at once with toppings. Makes 4 servings.

Toppings Ideas: Pancake and waffle syrup, plain or fruited yogurt, fresh fruit, dried fruit, coconut, nuts, preserves.