

# Wake up breakfast with low-fat pancakes, French toast

Classic breakfast fare is back — without the guilt! Technology, along with our new found wisdom of looking at what we eat over the course of several days rather than at a single meal, have made it possible to once again enjoy French toast, scrambled eggs, even sausage.

We've come a long way from the farm breakfasts our grandparents and great-grandparents sat down to even though the menu may look similar. Pork is leaner than it used to be, and chickens can produce eggs that are lower in cholesterol. The dairy case is filled with low-fat and fat-free choices, and there are dozens of nutrition-smart breakfast products such as egg substitutes, no-sugar-added fruit spreads, reduced-calorie pancake syrup, calcium-fortified orange juice, sausage that is lower in fat and sodium, and fat-free whole grain muffins.

All of these choices make it easier to re-create classic breakfast dishes that emphasize complex carbohydrates and taste while de-emphasizing fat, sugar and sodium. Take pancakes, for example. When developing Wild Berry Pancakes, the Quaker Kitchens began by substituting one-half cup of wheat germ for an equal amount of flour to add a nutrition boost to a basic pancake recipe.

Every two tablespoon serving of wheat germ adds six essential vitamins and minerals including vitamin E and two grams of fiber. Then they cut back on the fat by using a reduced amount of vegetable oil with skim milk and egg substitute. A nonstick skillet saved still more fat calories. The warm fruit topping, a delicious blend of reduced-calorie pancake syrup and fresh berries, is fat-free.

Wheat germ adds nutrition to another breakfast classic, French toast. There it's combined with cinnamon to create a crunchy coating for wholesome whole wheat bread that is baked instead of fried. Hidden inside fruit

topped Cheese-Stuffed French Toast is a creamy layer of nonfat ricotta cheese lightly sweetened with fruit preserves.

Freshly squeezed orange juice and café au lait (equal parts strong coffee and warm skim milk) served with either the French toast or the pancakes provide needed vitamin C and calcium. Or accomplish the same objective with an orange juice and yogurt smoothie.

On mornings when there's no time to cook, turn to the quick breakfast ideas in the new, free brochure, Healthy Eating Made Easy. Send your name and complete address to: Healthy Eating Made Easy, 332 S. Michigan Ave., Suite 900, Dept. N, Chicago, IL 60604. Offer good while supplies last.

## WILD BERRY PANCAKES

1 cup all-purpose flour  
1/2 cup wheat germ, any flavor  
1 tablespoon sugar  
1 tablespoon baking powder  
1/2 teaspoon salt (optional)  
1 1/2 cups skim milk  
1/4 cup egg substitute or 1 egg, slightly beaten  
2 tablespoons vegetable oil  
1/2 cup reduced-calorie pancake syrup  
2 cups fresh blackberries, raspberries or blackberries

Heat nonstick skillet or griddle over medium heat or electric griddle to 375 degrees. Skillet is ready when drops of water sizzle, then evaporate. For pancakes, combine first five ingredients in large bowl. Add combined milk, egg substitute and oil; mix just until dry ingredients are moistened. Batter may have small lumps which will disappear during cooking.

Pour about 1/4 cup batter for each pancake onto skillet. Turn when tops of pancakes bubble and edges appear cooked. Turn only once. Combine syrup and fruit in small saucepan. Bring to a boil. Remove from heat; serve fruit mixture over pancakes. Sprinkle pancakes with additional wheat germ, if desired. Yield — 4 servings (12 pancakes)



KITCHENWARE: WHEAT GERM

**Berry good:** Wild Berry Pancakes are a healthful indulgence. Wheat germ used in place of some of the flour adds a nutrition boost. Skim milk, egg substitute and a reduced amount of vegetable oil trim fat and calories.

**Nutrition Information:** 1/4 recipe, Calories 380, Calories From Fat 81, Total Fat 5g, Saturated Fat 1g, Cholesterol 0mg, Sodium 625mg, Total Carbohydrates 62g, Dietary Fiber 4g, Protein 13g.

## CHEESE-STUFFED FRENCH TOAST

1/2 cup nonfat ricotta cheese  
1/4 cup fruit preserves, any flavor  
3/4 cup wheat germ, any flavor

1 teaspoon ground cinnamon  
1/2 cup skim milk  
1/2 cup egg substitute or 1 egg and 2 egg whites  
1 teaspoon vanilla  
8 slices whole wheat bread  
2 cups assorted fresh fruits such as sliced strawberries or bananas, blueberries, raspberries or orange segments  
Reduced-calorie pancake syrup (optional)

Heat oven to 375 degrees. For filling, combine ricotta cheese and preserves. Mix well; set aside. In shallow dish, combine wheat germ and cinnamon; mix well. In another shallow dish, combine milk, egg substitute and vanilla. Spread 2 tablespoons cheese mixture over 1 slice of bread; top with second slice of bread. Dip in egg mixture, then in wheat germ mixture, coating slices of bread thoroughly.

Place on baking sheet. Lightly

spray both sides of French toast with no-stick cooking spray. Bake 15 to 20 minutes or until French toast is golden brown or until surface appears dry. Serve topped with fruit and, if desired, syrup. Yield — 4 servings.

**Nutrition information:** 1/4 of recipe, Calories 360, Calories From Fat 54, Total Fat 6g, Saturated Fat 1g, Cholesterol 0mg, Sodium 400mg, Total Carbohydrates 69g, Dietary Fiber 8g, Protein 20g

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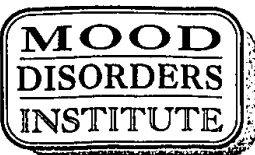
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