Start your day with breakfast, it's important

With the break of day, it's time to restore our bodies after a long night's fast. That's the idea belind breakfast. That's the idea belind breakfast, which most health experts, and probably your mother, identify as the most important meal of the day.

Breakfast, more than any other meal, reminds us how important food is to fuel our bodies for the day and the season of the seaso

vitamin D requirements.

To got a good start on the five or more daily servings of fruits and vegetables that the American Institute for Cancer Research recommends we cat for good health, it's smart to include a few servings at breakfast. Simply add a fruit toping to cereal, pancakes or yegurt, drink a glass of fruit or vegetable juice, or blend fruit into a breakfast beverage in your food processor.

How about a plake mado with banana, peaches, butternilk and orange juice, garnished with fresh strawberries? Or, warm wheat berry bread, spread with homemade apple-rhubarb butter with a wedge of cantaloupe on the side?

Although nearly one in four U.S. adults regularly skip breakfast, those who take time to eat in the morning are eating healthlier than ever before — consuming less fat and more fruits and whole grains. Consumption of whole milk, bacon, eggs, butter, margarine and white bread are down, while the consumption of lower-fat milk, whole-grains, and lower-fat milk, whole-grains, and lower-fat milk, bread are ready-to-eat cereals as well, with greater increases among higher

fiber cereals. The trend is toward better breakfasts
— and starting the day off right is an important link to sound nutrition and good health.

WHOLE WHEAT

- BLUEBERRY BISCUITS 1 cup all purpose flour
- cup whole wheat flour
 tablespoon granulated
 sugar
 tablespoon baking powder
- 1/2 teaspoon baking soda 1/2 teaspoon salt

1/2 teaspoon oaking soon
1/2 teaspoon salt
1/4 cup soft margarine
1 cup blueberifes
1 cup skim or 1 percent buttermik or sour mik
In bowl, combine all-purpose
and whole wheat flours, sugar,
baking powder, baking soda and
salt. Using fingers, rub in margarine until mixture resembles
coarse crumbs.
Stir in blueberries; add buttermilk and mix lightly. Drop by
spoonfuls into 10 mounds. Bake
in 425° F, oven for 12 to 15 minutes or until golden brown.
Nutrition information: Each
of the ten biscuits contains 150
calories and 5 grams of fat.
Information can recipe from
the American Institute for Cancer Research.



Breakfast treat: Whole wheat blueberry biscuits are a delicious way to start your

Banana pancakes with compote simply delicious for brunch

AP — Treat your family to a mouthwatering and healthful homemade breakfast or brunch. Consider putting Banana Pancakes and Warm Fruit Compote on the menu.

These simple recipes are adapted from the second edition of the Culinary Institute of America's "The Professional Chefs Techniques of Healthy Cooking" (John Wiley), scheduled for publication next spring.

Serve the pancakes with Warm Fruit Compote and low-fat breakfast sausage.

BANANA PANCAKES

- 1 cup all-purpose flour 2/3 cup oat bran
- 1 tablespoon sugar 2 teaspoons baking powder
- 1/2 teaspoon ground cinna-
- mon 1/4 teespoon ground ginger
- 1 1/2 cups water 1/2 cup nonfat plain vogurt
- 1/2 cup mashed ripe banana (about 1 medium) 2 tablespoons vegetable oil
- 1 1/2 teaspoons vanitia
- 4 egg whites
- In a large bowl, combine flour, oat bran, sugar, baking powder, salt, cinnamon and ginger. In a separate bowl, combine water,

Add wet ingredients to dry ingredients and mix just until incorporated. Beat egg whites until they form soft peaks. Stir about 1/2 of the whites into the batter, then gently fold the remaining whites into the batter.

remaining whites into the batter.

Use the remaining oil to lubricate a griddle, or use a large nonstick skillet (see note). Heat the
griddle or skillet over medium
heat. For each pancake, ladle 1/3
cup of the batter into the heated
has Film such pancake when the pan. Flip each pancake when the edges look dry. Cook until golden-brown on each side. Serve with Warm Fruit Compote.

Makes about 16 pancakes for 4

Makes about 16 pancakes for 4 servings.

Note: Use a brush to apply a thin film of oil and then rub away any excess with a clean cloth. Nonstick griddles or pans will not require additional oil.

Nutritional facts per serving: 290 cal., 11.6 g pro., 8.5 g at (0.8 g saturated fat), 48 g carbo., 856 mg sodium, 0.5 mg chol., 4 g fiber.

WARM FRUIT COMPOTE

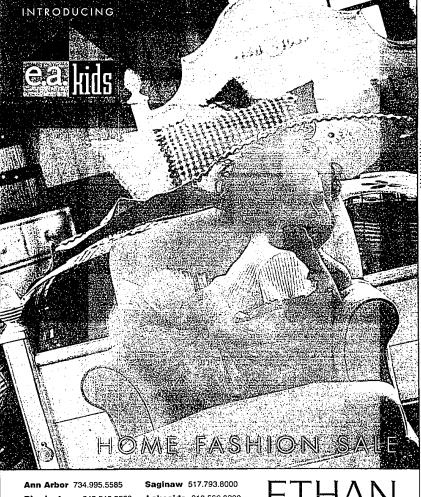
- 1/2 cup fresh or frozen rasp-berries, strawberries, or
- 2 teaspoons honey
- 2 teaspoons dry or sweet white wine

(optional)
1-1/4 cups mixed seasonal fruits of your choice
1/3 cup peach or apricot nectar

zest
Thaw berries if frozen. Purce berries, honey, wine and Kirschwasser in a blender.

Strain puree through a fine mesh sieve. Simmer puree with remaining ingredients in a small sauce pan until thickened.

Makes about 1 cup for 4 serv-2 g fiber.



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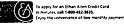
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