

INSTANT OATMEAL ALA-HOME

3 cups quick cooking oats

Salt

8 snack-sized zip baggies

Put ½ cup oats in a blender and blend on high until powdery. Set aside in a small mixing bowl and repeat procedure with an additional ½ cup oats. If using a food processor, you can do the 1-cup of oats in one batch. Put the following ingredients into each zip baggie:

¼ cup un-powdered oats

2 tablespoons powdered oats

⅓ teaspoon salt

Store in an airtight container.

To Serve: Empty packet into bowl. Add ¾ cup boiling water. Stir and let stand 2 minutes. For thicker oatmeal, use less water; for thinner oatmeal, use more water.

VARIATIONS:

Fun Fruit Oatmeal: To each packet, add 6–7 pieces of “fruit snack” type dehydrated cereal.

Apple Cinnamon Oatmeal: To each packet, add 1 tablespoon sugar, ¼ teaspoon cinnamon, and 2 tablespoons chopped dried apples.

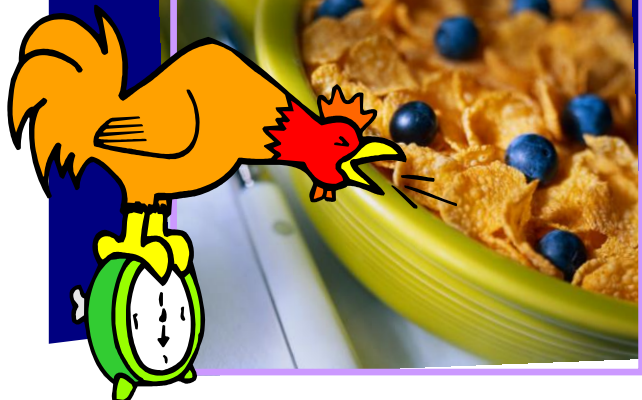
Sweetened Oatmeal: To each packet, add 1 tablespoon sugar or 1 packet artificial sweetener.



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It's Time for a Healthy Breakfast

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Healthy Alternatives

The best way to avoid high-calorie, high-fat, low-fiber foods found at most fast food drive-ups is to prepare breakfast in your own kitchen. It doesn't have to be items that take a lot of time to prepare.

Try some of these ideas for a healthy breakfast alternative that is quick & healthy:

- Cut up a fruit salad at night and place in an airtight container.
- Mash a banana in some cheese or peanut butter and spread over whole-wheat toast in less than 5 minutes.
- Make up fruit breads in advance and freeze or refrigerate sliced. Pair with milk and/or juice.
- Fruit kebabs are a favorite for children, plus easy to make and handle. Simply put fruits on a kebab stick, toothpick, or pretzel stick. Mix 8 ounces of cream cheese with 8 ounces crushed pineapple (unsweetened) and one teaspoon honey. Use for dipping. (These can also be sent in lunches.)
- Yogurt topped with unsweetened cereal is a fast, healthy alternative. Choose low-fat or no-fat varieties.
- Breakfast casseroles are always an option that can be made the night before and refrigerated or frozen.
- Consider those non-traditional items as well. A slice of last night's refrigerated pizza will get you off to a great start.
- If you are single and have trouble keeping milk on hand, buy individual cartons and open one at a time to avoid spoilage.
- Keep muffins in the freezer and warm in the microwave.



Quick & Easy Recipes for a good start to your day

FRESH FRUIT BREAKFAST PARFAIT

- 1 cup plain yogurt
- 1 cup granola
- 2 tablespoons honey
- 2 cups fresh berries
- 2 kiwis, peeled and sliced
- Whipped cream

Layer all ingredients. Top with whipped cream and a fresh mint leaf, if desired.



RUSH HOUR BURRITO

- 1 tablespoon low-fat cream cheese
 - 1 six-inch wheat flour tortilla
 - 1 teaspoon strawberry jam
 - 1 kiwi fruit, peeled & thinly sliced
- Spread cream cheese over entire tortilla. On one half of the tortilla, spread the strawberry jam, placing the kiwi slices over the other half. Fold the 2 sides together and serve.

LIGHT LEMON YOGURT PANCAKES

- 1 egg (or egg substitute)
- ½ cup fat-free lemon yogurt
- ½ cup low-fat milk
- 2 tablespoons oil
- 1 tablespoon sugar
- ½ teaspoon nutmeg
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda

In bowl, beat egg; mix in yogurt, milk & oil. Stir in the sugar & nutmeg. In another bowl, combine flour, baking powder and baking soda. Add flour mixture to the liquid and mix. The batter will be thick. Grease the griddle & pour ¼ cup batter onto the griddle. Cook pancakes until bubbly, then turn. Makes 8 pancakes.

