

FOOD news & notes

Breakfasts That Are Fast, Fresh And Tasty



Making a delicious breakfast in minutes is easier with products such as precooked sausages that come in new flavors such as Southwest Style, Spicy Blend and Country Maple.

(NAPSA)—Mom always told us that breakfast is the most important meal of the day. She probably wouldn't be too happy to learn that according to the most recent NPD Group Annual Time Lines Report, breakfast is the meal Americans most often miss or spend the least time on.

With the pace of American lives accelerating daily, many families find it harder to fit breakfast into hectic weekday schedules. Also according to the report: 48 percent of Americans say convenience is the most important criteria in the foods they eat. Fortunately, there are now a number of fast, great-tasting ways to make breakfast more satisfying. An added bonus is that there is very little clean-up since there are no skillets to scrub.

Preparing breakfast in minutes on busy weekday mornings begins at the supermarket, where you can stock up on time-saving shortcuts to get your day off to a quick start:

- Yogurt and fruit can be mixed in a blender for a satisfying smoothie. Use pre-cut or frozen

fruit for added convenience.

- Buy frozen waffles or french toast. You can top these tasty treats with a helping of fresh, frozen, or spreadable fruit.

- If you crave a hearty breakfast that includes sausages, there is a shortcut that doesn't short-change you on flavor.

A tasty, convenient example is the Jimmy Dean® Fresh Taste. Fast!® line of precooked sausage. These links and patties look and taste like home-cooked fresh sausage but can be prepared in the microwave in under a minute. The line includes Original as well as three new flavors: Southwest Style Grill (Western omelet taste with a hint of roasted peppers and onions); Spicy Blend (special blend of red and black peppers); and Country Maple. The three flavors offer enough variety to please the diverse tastes of busy families.

Breezing through breakfast with such tasty, quick-fix foods can make the whole day seem sunnier. For more great breakfast ideas and recipes, visit the Web site, www.jimmydean.com.