

food&family

Give Breakfast A Wake-Up Call This Morning

(NAPSA)—At the start of another busy year, it may be time to rethink breakfast. There's no doubt breakfast is an important meal for both kids and adults (it supplies energy to start your day and may help you concentrate so you can be more productive), but often there's not enough time in the morning to sit down and eat at the table.

If you're looking for some food ideas you and your family can take on the run, Kraft Kitchen's Andrea MacAlpine recommends these grab-and-go recipes:



Grab & Go Breakfast Muffins

1 cup flour
1 cup POST Honey Bunches of Oats Cereal
½ cup sugar
1 Tbsp. baking powder
1 cup peanut butter
1 cup milk
1 egg

STIR flour, cereal, sugar and baking powder together in a large bowl.

MIX peanut butter, milk and egg in a small bowl. Stir into flour mixture with a few handfuls add-ins* until just moistened.

DIVIDE between 12 muffin cups and bake at 400°F for 20 minutes or until golden. Cool.

* Try add-ins like chopped and peeled apples or pears, frozen berries, mashed bananas, drained pineapple tidbits, dried cranberries, dates, apricots or raisins.

Nutrition Info (per muffin): 230 calories, 11g fat, 27g carbohydrate, 2g dietary fiber, 7g protein.

These Grab & Go Muffins are a delicious way to get the day off to a great start.

Breakfast Munch Mix

2 cups POST Spoon Size Shredded Wheat
1 cup dried pineapple
1 cup (combined total) toasted almonds and shredded coconut

MIX together in a large, resealable plastic bag or container. Keeps for 1 week.

Nutrition Info (per ½ cup serving): 180 calories, 7g fat, 29g carbohydrate, 4g dietary fiber, 4g protein.

Variation: Try your favorite POST cereal in place of Shredded Wheat

Traveling CREAM OF WHEAT

1 packet Instant Cream of Wheat Hot Cereal Original Flavor
½ cup milk
Raisins or dried cranberries

EMPTY cereal into travel mug or thermos.

HEAT milk in microwave

until steaming; stir into cereal.

ADD handful raisins or dried cranberries. Cover and don't forget to take a spoon. Makes one serving.

Nutrition Info: 270 calories, 2.5g fat, 56g carbohydrate, 2g dietary fiber, 8g protein.

Tips To Get A Head Start

To help start your day with a wholesome breakfast, consider these tips:

- Combine the above recipe ideas with a piece of fruit and a carton of milk or yogurt for a well-rounded meal.

- To make more time in the morning, go to bed 15 minutes earlier and set the alarm 15 minutes earlier than normal.

- For a quick and easy morning snack, grab a BALANCE bar on your way out the door.

- If you eat on the run, stock up on specially designed containers and plastic eating utensils.

For more delicious recipes and ideas on healthful living, visit www.kraftfoods.com.



Editor's Note: To learn more about the Kraft Kitchen's experts, please visit <http://www.kraftfoods.com/kitchenprofiles>.