

Healthful Eating

Quick And Healthful Breakfast Ideas

(NAPSA)—If you're looking for simple ways to add a burst of nutrition to your family's breakfasts, it could pay to get the facts on flax.

Flax is an oil-rich seed brimming with healthful omega-3 fatty acids, fiber and protein. Research to date indicates that approximately 1 to 2 tablespoons of milled or ground flaxseed daily may provide adequate supplementation of omega-3's. You can buy whole flaxseed—which has a nutty flavor when roasted—in stores and then use a coffee grinder or food processor at home to grind the seed and help release its nutritional value. From there, flax can be sprinkled into orange juice, on cereal or spread with peanut butter to provide a quick nutritional boost. It's also great for baking.

For instance, muffins made with flaxseed can be served warm immediately after baking for a family weekend meal, or cooled and stored in the freezer and then thawed in the microwave for a healthful breakfast on the go.

Try these satisfying Golden Grain Muffins, full of whole grains, fiber and sweet dried fruit.

Golden Grain Muffins

1 cup quick-cooking oats
½ cup natural bran
½ tsp. salt
½ tsp. cinnamon
1 cup buttermilk*
½ cup honey
1 whole egg
1 egg white, beaten
¼ cup canola oil
1 cup whole wheat flour
¾ cup ground flaxseed
2 tsp. baking powder
1 tsp. baking soda



Golden Grain Muffins are made with healthful flaxseed and are bursting with taste.

**½ cup golden raisins,
chopped**

Preheat oven to 375° F. In a large bowl, combine oats, bran, salt, cinnamon and buttermilk. Mix well and let stand 15 minutes. Add honey, egg mixture and oil. Mix well.

In another bowl, combine flour, ground flaxseed, baking powder and baking soda. Add to oat mixture and stir just until moistened. Stir in raisins. Spray muffin tins with a nonstick cooking spray. Using a ⅓ cup measure, scoop batter into tins. Bake 18 to 20 minutes or until wooden pick inserted in center of muffin comes out clean. Remove from oven and let cool 5 minutes. Remove muffins from tins and place on rack to cool. Yield: 12.

***Buttermilk substitute: 1 cup plain yogurt or 1 Tbsp. lemon juice or vinegar, plus enough milk to equal 1 cup. Let stand 5 minutes.**

For more information and recipes using flax, visit www.ameriflax.com.