

# GRAB & GO BREAKFASTS

“Tip for Living Well”

By Pamela M. Smith, R.D

**THE BRAIN FOOD BREAKFAST:** 3 egg-white omelet (made with no fat cooking spray instead of oil) filled with chopped tomatoes, mushrooms, onions, spinach or any leftover veggie from the fridge) and 1 oz. low-fat cheese; 1 slice whole wheat toast with all-fruit jam and 1/2 cup strawberries. The protein in egg white is digested even more slowly than the carbohydrate in the fruit or bread. This provides a steady stream of energy to keep you alert and productive. Adding vegetables will add an array of nutrients, and fiber to keep you healthy and full. The cheese provides calcium and some extra flavor. The strawberries add Vitamin C and folic acid, and a refreshing pick-me-up taste.

**GRAB AND GO DREAMSICLE:** Stir up 1 cup 1% milk, 1/2 cup orange juice, 2 tsp. Vanilla and 2 Tbsp. wheat germ. Grab a banana and eat on the way to work. The orange juice and banana gives your body simple carbohydrate that give your body a quick burst of energy. The wheat germ gives complex carbohydrate that the body burns much more slowly along with a treasure chest of B vitamins to carry that fuel to your cells. The banana also gives a type of fiber, pectin, that expands in your stomach and makes you feel full longer. The juice also gives a hit of vitamin C, and the milk provides calcium and protein.

**FIBER FILL UP BREAKFAST:** 1/2 cup dry oatmeal microwaved with 1 cup 1% milk and 1/3 cup unsweetened cranberry-apple or cranberry-peach juice (or white grape or apple juice) till done, with 1 tsp. Vanilla, 1/2 tsp cinnamon, 1 Tbsp. wheat germ, 1 Tbsp. flaxseed, 2 Tbsp. raisins, and 1 Tbsp. almond slivers stirred in before serving. The high fiber cereal and the healthy fat in the almonds will provide more fullness factor to steam through your morning till your power snack. The raisins and juice add sweetness, and immune-boosting phytochemicals.

**POWER SHAKE:** Blend together: 1 cup skim milk, 2 Tbsp. nonfat dry milk, 1 coddled egg white, or 1/4 cup eggbeaters, 1 Tbsp. honey, 1/2 cup frozen fruit, 1 tsp. Vanilla, 1 Tbsp. wheat germ. You can put all these together in the blender container and place the whole thing in your fridge before bed. In the morning, pull it out and place it on the blender apparatus and zap. You've got a drinkable "instant" breakfast that's loaded with whole food nutrients - not just sugar and synthetic vitamins like in the packaged variety.

For more quick and nutritious breakfast & snack recipes, visit [www.pamsmith.com](http://www.pamsmith.com).