

Breakfast Smarts



Encourage a healthy breakfast to start the day.

Did you know the size of an average muffin has doubled in the past twenty years! Read the label on popular packaged brands and you will be shocked at the fat content and total calories one muffin contains. Here are some examples.

	Calories	Total Fat	Carbs	Protein	
Cake Muffins: Extra Large	430 cals	20 g	60 g	2.5 g	extra large muffin
Cake Muffins: Jumbo	560 cals	26 g	78 g	3.5 g	jumbo muffin
Cake Muffins: Large	280 cals	13 g	39 g	2 g	large muffin
Cake Muffins: Lowfat, Medium, no added fat	120 cals	1 g	26 g	2 g	1 muffin
Cake Muffins: Medium	170 cals	8 g	24 g	0.5 g	1 medium muffin

Summer is a good time to consider baking up a batch of muffins in the evening or on the week-end and freezing some for those hurried breakfasts. And while you're at it, make them **low fat!** In the morning serve these with a bowl of fresh fruit, applesauce, or yogurt and low-fat milk. This is a quick yet nutritious breakfast for the family. A muffin can be

eaten on the run, or in the car on the way to the baby sitters.

Remember we don't suddenly become healthy as we age; we work at living healthy throughout our life span to maintain our bodies as the temple that God gave us to care for and nurture.

Apple-Oat Muffins

2 cups peeled, finely diced apples, such as MacIntosh (2 to 3 medium apples)
 1 ½ cups all-purpose flour
 1 c. quick-cooking oats
 2/3c. firmly packed brown sugar
 1 ½ tsp. baking powder
 ½ tsp. baking soda

½ tsp. salt
 ½ tsp. ground cinnamon
 8 oz. plain low-fat yogurt
 ¼ c. non-fat milk
 2 tbs. vegetable oil
 1 tsp. vanilla extract
 1 large egg

1. Preheat oven 400⁰ F. Coat 12 standard muffin pan cups with cooking spray.
2. Place diced apples on paper towel to drain; pat dry. Combine flour, oats, sugar, baking powder, baking soda, salt and cinnamon in medium bowl, and stir with a wisk. Combine yogurt, milk, oil vanilla and egg in small bowl and stir to blend. Make a well in center of flour mixture; add milk mixture, stirring just until moist. Mix in apple.
3. Divide batter evenly among prepared cups. Bake 20 minutes, or until muffins spring back when pressed lightly in center. Remove from pan, and cool on wire rack.

Per serving: 174 cal, 4 g protein; 3.5 g total fat (0.5G Sat. fat), 32 G carb; 19 mg. chol; 248 mg. sod.; 1 G fiber, 16 G sugar.

Recipe from *Vegetarian Times*, March 2006.

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