



Maya W. Paul's Breakfast Recipes

Note: These recipes are a supplement to Helpguide's Healthy Recipes article. Please refer to article for references and additional notes. (http://www.helpguide.org/life/healthy_recipes.htm)

Apple Cinnamon Oatmeal

Apples are naturally sweet, helping to curb our cravings for sweets in a natural way. They have fiber and Vitamin C.

Cinnamon has many beneficial properties, including a mild anti-inflammatory effect, anti-microbial properties (helps stop the growth of bacteria as well as fungi), better blood sugar control, the odor boosts brain activity, and is an excellent source of manganese.

Ingredients:

- 1/3 cup rolled oats (or steel cut oats*)
- 2/3 cup liquid (1 cup liquid for steel cut oats*)
- ½ an apple cut into small pieces
- ½ tsp. cinnamon
- Dash of salt

Directions:

1. Add all ingredients to a small pot
2. Bring to a boil, then turn down to a simmer and cook until soft, about 5 to 7 minutes (about 20 minutes for steel cut oats*)

* Steel Cut Oats are a much heartier cereal. They have more fiber & nutrients. They have a wonderful, chewy texture and you will stay full longer when you eat steel cut oats.

Veggie Scramble or Omelet*

Eggs have riboflavin, vitamin B12 and phosphorus, and are a very good source of protein and selenium.

Ingredients:

- 2 eggs (or 1 egg & 1 egg white)
- 2 Tbsp. liquid (i.e. milk, rice beverage, or water)
- ¼ cup veggies of your choice
- 1 tsp. olive oil (1 tsp. more for an omelet*)
- 2 Tbsp. onion, diced (optional)
- Dash of salt & pepper

Directions:

1. Break eggs into a bowl, add liquid and whisk eggs. Set aside.
2. In a small frying pan add 1 tsp. oil and when it's at a medium heat add the onions.
3. Sauté onions for a couple minutes, until they are translucent and soft.

4. Add other veggies and sauté for another 5 minutes or until the veggies are cooked how you like them.
5. If making a scramble, pour the egg mix into the pan with the veggies and gently stir until the eggs are done
6. Add salt & pepper at the end.
7. If making an omelet*, transfer the veggies into a bowl
8. Add 1 tsp. oil and let heat briefly
9. Pour the eggs into the pan and swirl to the edges
10. After about a minute, when the egg is about halfway set, add the veggies on half of the egg.
11. Add salt & pepper.
12. Gently fold the egg side without veggies over onto the veggies.
13. Cook until the egg is done.

*Steps 1 – 4 are for either item, steps 7 – 13 continue the process for making an omelet.

Oat Pancakes

Adapted from a recipe by Deborah Madison in [Vegetarian Cooking for Everyone](#)

Oats are a good source of vitamin A, riboflavin, folate, calcium, phosphorus and selenium, as well as thiamin, niacin, vitamin B6, iron and manganese.

Ingredients:

- 1 ½ cups rolled oats
- 1 ½ cups plain low-fat yogurt plus ½ cup milk
- 2 eggs
- 1 tsp. vanilla
- 1 Tbsp. sweetener (i.e. maple syrup, brown sugar, or agave nectar)
- ¼ cup olive oil
- dash of salt
- ½ cup whole wheat or spelt flour (or any other flour)
- ½ tsp. baking soda
- Dash of nutmeg (optional)
- 1 tsp. cinnamon (optional)

Directions:

1. Stir together oats and yogurt mixture. Let stand for 5 to 10 minutes.
2. Add eggs, vanilla, sweetener and oil. Mix well.
3. Add dry ingredients and mix well.
4. Heat a skillet or griddle to medium heat
5. Pour ¼ cup of batter onto heated skillet for each pancake and spread out the batter a little (so it's even and flat).
6. Let cook until bubbles form on the top
7. Flip* and cook the other side until golden brown.

*Only flip once. These pancakes stay very moist inside.

Polenta Fritters

Ingredients:

- 1 cup water
- 1 cup milk

- 1 Tbsp. oil
- 1 tsp. salt
- 1 cup polenta (coarse cornmeal)
- 2 eggs
- 1 tsp. cinnamon (optional)

Directions:

1. Place all ingredients in a pot
2. Bring to a boil then turn down to medium low heat for 10 – 15 minutes, stirring often.
3. Pour into a dish and cool overnight
4. Slice and bake in the oven or lightly fry
5. Serve with applesauce or other fruit

Spaghetti Squash Potato Pancakes

Spaghetti Squash is a great source of various vitamins, minerals such as Niacin, Vitamins B6 and C, Potassium and Manganese, as well as fiber. Potatoes are also a wonderful source of potassium and Vitamins B6 and C.

Ingredients:

- 3 cups cooked spaghetti squash*
- 4 medium potatoes, grated
- 2 eggs
- 2 heaping Tbsp. of flour (any type)
- 1 – 2 tsp. salt
- Breadcrumbs or oatmeal if the batter is too runny
- 1 tsp. cinnamon & dash of nutmeg (sweet)**
- 1 – 2 tsp. herbs such as basil, oregano, rosemary, thyme (savory)**

Directions:

1. Combine all ingredients
2. Heat a frying pan to medium-high heat.
3. Add olive oil to the pan, swirl around then drop in the batter in ¼ cup amounts. In a large pan you can fit 3 or 4 at a time.
4. When golden brown on the bottom flip them and cook the second side. These are best when cooked slowly so that the potato is nice and soft and the outside is a golden brown.

Serve with applesauce or other fruit. These also make a great side or main dish for lunch or dinner

Spaghetti squash is easy to cook – simply bake in the oven at 400 degrees for 45 minutes to 1 hour depending on the size. Be sure to **poke holes in the squash before baking so that it does not explode in the oven.*

***Add either the sweet spices or the savory herbs, not both.*