



Your Commissary... It's Worth the Trip!

THINKING OUTSIDE THE BOX

Start Your Day with Breakfast!

Studies show that eating breakfast combats feeling tired and irritable and assists with preventing obesity in both children and adults. In fact, skipping breakfast is more likely to cause weight gain than prevent it. It is better to eat something rather than nothing. Keeping healthy "go to" items such as yogurt, whole grain breads and unsweetened cere-als, whole fruits, and nut butters is a great strategy to assure that breakfast is eaten even on hectic mornings.

Eating breakfast helps children be more alert and concentrate better in school and reach higher levels of achievement in reading and math. Why not commit to the healthy habit of being sure that breakfast is eaten by the entire family?

The pancakes for this meal can be made in bulk ahead of time and then frozen. They can be quickly thawed in the microwave or toaster. Just top them with your favorite canned, no sugar added fruit, or use peeled, microwaved fruit.

Spreading nut butter (peanut, almond, cashew, etc.) on a pancake, topping it with fresh, sliced fruit like bananas and/or apples, and rolling it up works great for days when you are running out the door and need a hand held breakfast. For your next weekend, slow paced breakfast, be sure to make a double batch of pancakes and freeze the extras.



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Directions: Serves 4

1. Slice 6 pluots (or plums) (about 4 pieces per fruit), place in a microwave-safe dish, and then cover tightly.
2. Microwave the pluots (or plums) on high for one minute and then remove from microwave and carefully uncover to stir. Cover and return to microwave to cook for an additional minute or until tender. If cinnamon is on hand, consider adding just a sprinkle to the pluots (or plums).
3. While the pluots (or plums) are cooking, mix 1 ½ cups of pancake mix with 1 cup plus 2 tablespoons of water. Batter should yield 12- 4 inch pancakes.
4. Cook pancakes according to directions.
5. Arrange 8 precooked bacon strips on a plate and warm in the microwave for about 90 seconds. Monitor this closely in order to assure desired level of crispiness.
6. For each plate, serve three pancakes and two slices of bacon and top the pancakes with ½ container of the Greek yogurt and ¼ the mixture of the warmed pluots (or plums).

*based on average costs of pluots or plums

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL.