

Cornucopia Cool Chef Recipes



Week 2 – Breakfast Boosts

Wake-up Waffles

A super whole grain way to start the day. Top with your favorite goodies – berries, applesauce, yogurt, maple syrup, jam, cottage cheese. The sky is the limit! SERVINGS: 10 waffles.

Ingredients:

1 ½ cup	Whole wheat flour
½ cup	All purpose flour
½ tsp	Salt
1 tsp	Baking powder
1 tsp	Baking soda
2 T	Wheat germ
1 ½ cup	Milk (we used 2% in class)
1 C	Plain lowfat yogurt
3 T	Butter, melted
3	Eggs, separated

*Adapted from the Stonyfield Farm Cookbook

Directions:

1. In a large bowl, whisk together the first 6 ingredients (all dry).
2. In a smaller bowl, mix together the next 3 (all wet), plus the egg yolks.
3. Add wet mixture to the dry and stir until blended.
4. In a medium bowl, whip the egg whites with a hand blender until stiff peaks form.
5. Fold egg whites into the batter, mixing just until blended.
6. Cook on hot, oiled waffle iron.

Super Smoothies

Quick, delicious and nutritious! A great after-school snack that kids can customize to their liking. If you have a high-powered blender like a Nutribullet or Vitamix, don't be shy about tossing in some vegetables like spinach, kale, celery, or carrots. It's a great way to load up antioxidants, vitamins, minerals and fiber! SERVINGS: 4

Ingredients:

1 cup	Lowfat plain yogurt
1 cup	Juice (apple, pineapple and orange work great)
1 cup	Fresh or frozen fruit (berries, peaches, mango)
½ to 1	Frozen Banana, pending desired flavor

Directions:

1. Put all ingredients in blender and mix well.
2. Pour and enjoy!