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Apple Pita Pockets

1 small apple, sliced
1/4 cup cottage cheese, lowfat
1 tbs raisins, seedless
1 round whole wheat pita pockets

Combine apple, cottage cheese and raisins. Fill pita pocket with mixture. Serve.

Serves 1

Nutrition Facts

Nutrition (per serving): 312.1 calories; 7% calories from fat; 2.7g total fat; 2.5mg cholesterol; 571.0mg sodium; 368.9mg potassium; 63.0g carbohydrates; 8.5g fiber; 13.8g protein.

Apple Raisin Cakes

2 eggs, beaten
1 cup unsweetened applesauce
1 tsp cinnamon
2 tsp sugar
1 cup unbleached white flour
1/2 cup whole-wheat flour
2 tsp baking powder
2 tsp vanilla
1/2 cup golden raisins, seedless

Beat eggs in medium bowl with hand beater until fluffy. Beat-in apple sauce, cinnamon, sugar, flours, baking powder, vanilla and raisins just until smooth.

Heat griddle or skillet over medium heat. Grease heated griddle.

For each pancake, pour slightly less than 1/4 cup batter from cup into hot griddle. Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden.

Serve pancakes with additional applesauce.

Serves 4

Nutrition Facts

Nutrition (per serving): 319.4 calories; 9% calories from fat; 3.5g total fat; 123.3mg cholesterol; 285.3mg sodium; 291.4mg potassium; 62.9g carbohydrates; 3.1g fiber; 9.3g protein.

Apple Raisin Cakes

2 eggs, beaten
1 cup unsweetened applesauce
1 tsp cinnamon
2 tsp sugar
1 cup unbleached white flour
1/2 cup whole-wheat flour
2 tsp baking powder
2 tsp vanilla
1/2 cup golden raisins, seedless

Beat eggs in medium bowl with hand beater until fluffy. Beat-in apple sauce, cinnamon, sugar, flours, baking powder, vanilla and raisins just until smooth.

Heat griddle or skillet over medium heat. Grease heated griddle.

For each pancake, pour slightly less than 1/4 cup batter from cup into hot griddle. Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden.

Serve pancakes with additional applesauce.

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Nutrition (per serving): 319.4 calories; 9% calories from fat; 3.5g total fat; 123.3mg cholesterol; 285.3mg sodium; 291.4mg potassium; 62.9g carbohydrates; 3.1g fiber; 9.3g protein.

Apricot Honey Oats

3 1/2 cups water
1/2 cup dried apricots, chopped
1/3 cup honey
1/2 tsp ground cinnamon
1/4 tsp salt (optional)
2 cups rolled oats

In medium saucepan, bring water, apricots, honey, cinnamon and salt to a boil. Stir in oats; return to a boil. Reduce heat to medium; cook until most of liquid is absorbed, stirring occasionally. Serve.

Serves 4

Nutrition Facts

Nutrition (per serving): 280.0 calories; 7% calories from fat; 2.6g total fat; 0.0mg cholesterol; 155.1mg sodium; 381.7mg potassium; 60.4g carbohydrates; 6.0g fiber; 7.2g protein.

Asparagus and Red Bean Frittata

1 cup onion, chopped
1 cup red pepper, seeded, chopped
1 tsp garlic, minced
2 tsp olive oil
1/2 tsp pepper
1/4 tsp salt
1 can 14 oz. red beans, pre-cooked, drained
1 cup asparagus, cooked, chopped
4 large eggs, beaten
1/4 cup freshly grated parmesan cheese

Place a large non-stick pan over moderate heat with one teaspoon olive oil; saute onions, red peppers, garlic, and red beans until vegetables are soft (about 10 minutes).

In medium bowl, combine eggs and asparagus; set aside.

Add remaining olive oil into vegetable skillet and pour the egg mixture into pan. Reduce heat to medium-low and cook for 10 to 15 minutes, or until mixture is set on bottom and lightly browned. Add salt and pepper as needed.

Preheat oven to 350 degrees.

Sprinkle Parmesan cheese over top of mixture and broil for an additional 3 to 4 minutes or until cheese is lightly browned. Serve.

Serves 4

Nutrition Facts

Nutrition (per serving): 267.0 calories; 33% calories from fat; 10.0g total fat; 224.9mg cholesterol; 925.2mg sodium; 627.8mg potassium; 28.0g carbohydrates; 10.1g fiber; 17.5g protein.

Banana Bran Muffins

1 1/2 cups All-bran cereal
2/3 cup skim milk
4 large egg whites, lightly beaten
1/4 cup canola oil
1 cup mashed ripe banana (2 medium)
1/2 cup brown sugar
1 cup whole wheat flour
2 tsp baking powder
1/2 tsp salt

Preheat oven to 400 degrees

Combine bran cereal and milk in a large bowl and let stand

Add egg whites and oil; stir in mashed banana and brown sugar

In a separate small bowl, combine flour, baking powder and salt. Add dry ingredients to banana mixture, stirring just until combined

Pour batter evenly into 12 greased or paper-lined muffin tins

Bake 15 to 18 minutes or until golden-brown and firm. Remove from baking pan to cool.

Serves 12

Nutrition Facts

Nutrition (per serving): 168.2 calories; 26% calories from fat; 5.0g total fat; 0.2mg cholesterol; 247.6mg sodium; 247.2mg potassium; 29.8g carbohydrates; 3.5g fiber; 2.4g sugar; 4.1g protein.

Banana Pancakes

2 large eggs
2 cups whole wheat flour
2 cups buttermilk
2 cups bananas, mashed
1/4 cup brown sugar
1/4 cup vegetable oil
2 tsp baking powder
1 tsp baking soda
1/2 tsp salt
3 medium bananas, sliced
1/4 cup syrup, maple flavored
1/2 cup whipped cream
1 tsp ground nutmeg (if desired)

Beat eggs in medium bowl with hand beater until fluffy. Beat in flour, buttermilk, mashed bananas, sugar, oil, baking powder, baking soda and salt just until smooth.

Heat griddle or skillet over medium heat. Grease heated griddle if necessary.

For each pancake, pour slightly less than 1/4 cup batter from cup onto hot griddle. Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden brown.

Serve pancakes with sliced bananas. Drizzle with syrup. Top with whipped cream; sprinkle with nutmeg.

Serves 8

Nutrition Facts

Nutrition (per serving): 333.6 calories; 26% calories from fat; 9.9g total fat; 63.8mg cholesterol; 512.3mg sodium; 680.6mg potassium; 57.0g carbohydrates; 6.2g fiber; 9.1g protein.

Banana Raisin Oats

1/2 cup rolled oats
1/4 cup golden raisins, seedless
1 medium banana, sliced
3/4 cup water

Microwave the oats in a microwave-safe bowl with water and raisins for 2 minutes
Remove from microwave, add banana. Stir and serve

Serves 1

Nutrition Facts

Nutrition (per serving): 405.2 calories; 7% calories from fat; 3.4g total fat; 0.0mg cholesterol; 13.3mg sodium; 988.0mg potassium; 91.8g carbohydrates; 9.2g fiber; 9.3g protein.

Bran Muffins

1 cup 100% bran
1 cup Sugar
1/2 cup Butter
2 Eggs, beaten
1/2 quart Buttermilk
2 1/2 cups Enriched Flour , sifted
2 1/2 tsp Baking soda , sifted
1/2 tsp Salt
2 cups All-bran Cereal
1 cup Dates, chopped
1 cup Raisins (seedless)

Soak 100% bran in 1 cup boiling water and set aside

In a mixer, cream sugar and butter together until well blended. Add eggs and beat until fluffy

Add buttermilk and soaked bran mixture

Sift flour, soda, salt together. Add into the batter but do not over mix

Add in the all-bran, dates and raisins

Spray muffin pan with non-stick cooking spray

Fill muffin cups two-thirds full

Bake 15-20 minutes at 400F degrees

Serves 10

Nutrition Facts

Nutrition (per serving): 429.2 calories; 23% calories from fat; 11.6g total fat; 75.9mg cholesterol; 552.3mg sodium; 485.0mg potassium; 81.5g carbohydrates; 9.0g fiber; 0.2g sugar; 8.8g protein.

Breakfast Blend To Go

1/2 cup bananas, sliced (1 medium)
1 cup nonfat milk
1/2 cup yogurt, nonfat plain
1/4 cup 100% bran flakes
1 tsp vanilla extract
2 tsp brown sugar
1/2 cup ice
1 dash cinnamon or nutmeg

Combine all ingredients in a blender and process on medium speed until smooth. Garnish with cinnamon or nutmeg. You can other fresh fruit for the bananas if you like. (No berries)

Serves 1

Nutrition Facts

Nutrition (per serving): 376.3 calories; 7% calories from fat; 3.3g total fat; 11.9mg cholesterol; 311.5mg sodium; 1382.4mg potassium; 73.4g carbohydrates; 9.0g fiber; 5.3g sugar; 18.7g protein.

Broccoli Omelet

8 large eggs
4 tbs water
1 1/2 tbs butter
1/2 onion, finely chopped
1 cup broccoli, frozen, thawed, chopped
1 tbs basil, minced
1/2 cup monterey jack cheese

In a bowl, briefly whisk together eggs, water, salt and pepper just enough to combine the yolks and whites

Heat butter in a medium skillet over medium-high heat, add onion and broccoli and saute until tender, about 7 minutes

Add the egg mixture, stirring to cook eggs evenly. Add basil and cheese. Lower heat. Cover until cheese melts. Remove from skillet. Serve.

Serves 4

Nutrition Facts

Nutrition (per serving): 112.8 calories; 38% calories from fat; 4.9g total fat; 14.0mg cholesterol; 345.1mg sodium; 221.6mg potassium; 4.8g carbohydrates; 1.5g fiber; 12.5g protein.

Hearty Oat Bran Muffins

3/4 cup brown sugar, packed
1 1/2 cups oat bran
1 1/2 cups whole grain flour
1 1/2 tsp baking powder
1 1/2 tsp baking soda
1 1/2 tsp cinnamon, ground
1/2 tsp nutmeg, ground
1/2 tsp salt
1/2 cup raisins (seedless)
1 Tbs vanilla
2 large eggs
1 cup unsweetened applesauce, chilled
4 Tbs vegetable oil

Preheat oven to 400 degrees

In a large bowl, mix together dry ingredients, including raisins

In another bowl, mix together vanilla, eggs & applesauce and oil until well blended

Add wet ingredients to dry ingredients & mix until well combined

Let mixture sit for 10 minutes (for oat bran to absorb some of the liquid)

Pour batter evenly into 8 greased or paper lined muffin tins

Bake for 15 - 20 minutes or until golden brown

Serves 8

Nutrition Facts

Nutrition (per serving): 313.7 calories; 25% calories from fat; 9.0g total fat; 55.0mg cholesterol; 464.0mg sodium; 390.5mg potassium; 54.9g carbohydrates; 4.2g fiber; 6.3g protein.

High Fiber Cookies

1 cup oat bran
1 cup rolled oats
1 cup fiber one cereal
1 cup bran flakes
1 cup seedless raisins
3/4 cup sugar
3/4 cup brown Sugar
1 cup margarine (2 sticks)
2 large egg whites
2 tsp vanilla
2 cups whole-wheat flour
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1/2 cup water at room temp

Preheat oven to 375 degrees

Place oat bran, rolled oats, Fiber one, bran flakes, raisins in a bowl. Mix lightly and set aside.

Place sugars and margarine in mixing bowl and mix at medium speed until light and fluffy. Add egg whites and vanilla and mix lightly scraping the bowl before and after adding the egg whites.

In separate bowl combine flour, baking powder, soda and salt and mix to blend well.

Add flour mixture and water to sugar mixture and mix at medium speed only until flour is moistened. Add bran mixture and mix at medium speed until well blended.

Drop by heaping tablespoonfuls onto a cookie sheet that has been sprayed with cooking spray or lined with aluminum foil.

Bake at 375 degrees for 12-14 minutes or until lightly browned. Remove from oven and let sit for 1 minute. Remove cookies to wire rack and cool.

Serves 12

Nutrition Facts

Nutrition (per serving): 428.1 calories; 34% calories from fat; 16.8g total fat; 0.0mg cholesterol; 485.9mg sodium; 378.4mg potassium; 69.1g carbohydrates; 7.8g fiber; 0.7g sugar; 7.5g protein.

High Fiber Orange Bran Muffins

1 cup whole wheat flour
1/2 cup all-purpose flour
1 Tbs baking powder
1/4 tsp baking soda
1 1/2 cups all-Bran cereal
3/4 cup Skim milk
1/2 cup orange juice
1/4 cup honey
2 large egg whites
1/2 cup raisins, seeded; or 1/2 cup dates
2 tsp orange peel, grated

Preheat the oven to 400 degrees

Stir together the flours, baking powder and soda and set aside

In a large bowl, mix together the cereal, milk and orange juice. Let stand 3 minutes. Add the honey, egg whites, dates or raisins and orange peel and beat well

Add the dry ingredients to the cereal mixture, stirring only until combined. Pour the batter evenly into 12 greased or paper-lined muffin tins

Bake for about 20 minutes or until golden brown

Serves 12

Nutrition Facts

Nutrition (per serving): 128.5 calories; 3% calories from fat; 0.6g total fat; 0.3mg cholesterol; 182.2mg sodium; 241.7mg potassium; 30.5g carbohydrates; 4.1g fiber; 1.4g sugar; 4.3g protein.

Multi-grain Pancakes

2/3 cup whole wheat flour
1/3 cup all-purpose flour
1/4 cup cornmeal
2 tbs wheat germ
2 tsp sugar
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1 1/4 cups 1% lowfat milk
1 tbs lemon juice
2 egg whites or substitute

Mix whole wheat flour, all-purpose flour, cornmeal, wheat germ, sugar, baking powder, baking soda, and salt. In another bowl, whisk the milk, lemon juice, and egg until the mixture is a little foamy (about 30 seconds). Mix wet mixture into dry mixture. Make pancakes as usual.

Serves 2

Nutrition Facts

Nutrition (per serving): 406.5 calories; 6% calories from fat; 3.2g total fat; 5.4mg cholesterol; 1072.1mg sodium; 464.2mg potassium; 76.3g carbohydrates; 3.8g fiber; 18.0g protein.

Oatmeal-raisin Pancakes

1 1/2 cups oatmeal
1/2 cup whole wheat flour
1 Tbs baking powder
1 Tbs cinnamon
1 tsp nutmeg
1 egg white or egg substitute
1 banana, ripe
1 tbs honey
1 1/2 cups nonfat milk
1/2 cup raisins, seedless

Mix together oatmeal, whole wheat flour, baking powder, cinnamon, and nutmeg. In a separate bowl, mix together egg white, banana, honey, milk and raisins. Mix wet mixture into dry mixture. Make pancakes as usual.

Serves 2

Nutrition Facts

Nutrition (per serving): 565.8 calories; 5% calories from fat; 3.7g total fat; 3.7mg cholesterol; 985.4mg sodium; 1106.9mg potassium; 124.5g carbohydrates; 8.7g fiber; 17.2g protein.

Peach Oatmeal

1/2 cup rolled oats
1/2 cup water
1/2 cup pureed peaches
1 tsp brown sugar

Mix all ingredients together and place into microwave on high for 45 seconds. Stir and microwave for another 30 seconds

Sprinkle with brown sugar and add a splash of milk. Serve.

Serves 1

Nutrition Facts

Nutrition (per serving): 209.3 calories; 10% calories from fat; 2.6g total fat; 0.0mg cholesterol; 7.0mg sodium; 325.1mg potassium; 41.0g carbohydrates; 6.0g fiber; 7.1g protein.

Santa Fe Omelet

4 large eggs
2 tbs water
1 1/2 tbs butter
1/2 cup red beans, cooked, drained
1 medium tomato, seeded, chopped
2 tbs cheddar cheese, grated
3/4 cups green chili sauce, mild, warm
2 medium, round whole wheat tortillas

In a bowl, briefly whisk together the eggs, water, salt, and pepper, just enough to combine the yolks and whites.

Heat butter in a medium skillet and add red beans. Let saute for a minute, add tomatoes, then add the egg mixture.

Sprinkle the cheese over the eggs. Cover until cheese melts. Garnish with parsley. Serve with whole wheat tortillas.

Serves 2

Nutrition Facts

Nutrition (per serving): 536.9 calories; 41% calories from fat; 25.3g total fat; 525.0mg cholesterol; 972.5mg sodium; 683.2mg potassium; 53.3g carbohydrates; 10.7g fiber; 27.4g protein.

Spicy Apple Oatmeal

1/2 cup oatmeal
1 cup water
1 tsp nutmeg
1 tsp ground cinnamon
1/3 cup chopped tart apple
1 tsp brown sugar

Combine all ingredients except the brown sugar in a small saucepan and cook, stirring occasionally over medium heat for 6-7 minutes. Serve warm sprinkled with the brown sugar.

Serves 1

Nutrition Facts

Nutrition (per serving): 150.8 calories; 13% calories from fat; 2.3g total fat; 0.3mg cholesterol; 92.7mg sodium; 168.4mg potassium; 32.2g carbohydrates; 4.1g fiber; 2.7g protein.

Zucchini and Bean Omelet

4 large eggs
1 tbs olive oil
1/2 cup red onions, finely chopped
1 medium zucchini, seeded, cubed
1 can 14 oz. navy beans, pre-cooked, drained
1/2 cup half and half cream
1/2 medium tomato, seeded, sliced
1 tsp salt
1 tsp freshly ground black pepper

In a large non-stick pan, heat olive oil over moderate heat. Add onions, zucchinis and navy beans. Saute for 5-10 minutes or until vegetables are soft.

In a separate bowl, mix eggs and half and half cream. Add egg mixture to pan and stir to cook (approximately 5 minutes). Serve with whole wheat pita bread. Add salt and pepper to taste. Garnish with sliced, seeded tomatoes.

Serves 4

Nutrition Facts

Nutrition (per serving): 295.7 calories; 38% calories from fat; 12.8g total fat; 231.1mg cholesterol; 878.9mg sodium; 621.3mg potassium; 30.3g carbohydrates; 7.1g fiber; 16.3g protein.