

OATMEAL 25 WAYS

From ***Give Them Something Better*** by Stephanie Howard

The reality is oatmeal really is one of the easiest and healthiest breakfasts to prepare. So there really is nothing wrong with serving it *fairly* often. You just have to convince the rest of the family. So here is a list of 25 different ways to eat oatmeal. Bring out some new toppings, take a minute and chop a little fresh fruit and if all else fails...add carob chips or chocolate chips (just a few of course)! Carob is extra high in B vitamins and it makes breakfast an extra special treat!

1. Brown sugar and raisins
2. Honey and granola
3. Mashed banana and applesauce
4. Granola and nondairy milk
5. Raspberry soy yogurt and dried cranberries
6. Apricot fruit spread, dried apricots, and sliced almonds
7. Sliced strawberries and strawberry soy yogurt
8. Maple syrup and chopped toasted pecans
9. Canned crushed pineapple, sliced bananas, and chopped macadamia nuts
10. Sliced bananas, vanilla soy yogurt, and granola or nuts
11. Natural peanut butter and strawberry fruit spread
12. Chopped dates and walnuts
13. Coarsely chopped canned peaches and soy creamer
14. Diced dried apricots or diced dried mixed fruit and honey
15. Apple or pumpkin butter and walnuts
16. Blueberry fruit spread and vanilla soy yogurt
17. Orange marmalade and dried cranberries
18. Coarsely chopped apples, brown sugar, and dates
19. Orange marmalade and orange segments with nondairy milk
20. Cherry all-fruit jam, toasted sliced almonds, and wheat germ
21. Barley sweetened carob chips, chopped pecans, and coconut
22. Berries sprinkled with a little sugar and Cinnamon Substitute
23. Sliced bananas and carob chips
24. Leftover Fruit Sauce and nondairy milk
25. Natural peanut butter and maple syrup or honey

So now that breakfast is over for today, let's make a plan. Choose 2 or 3 other breakfasts that are fast and easy, things that can be prepared the day before, while the kitchen is already messy from lunch or supper. If you have children over the age of 10 you can put each one in charge of a different day's breakfast. No more complaining if they are doing the cooking!

My almost 9-year old daughter made scrambled tofu while I exercised this morning. I just had to get her started with a homemade scrambled tofu seasoning mix. How cool is that?! Toast and gravy is great– it takes just a couple minutes to warm the gravy and make some toast. You can serve it with fresh fruit and you will soon be hearing praises at the breakfast table instead of complaints. That's a much better way to start the day.