

Breakfast!

The Most Important Meal of the Day!

Breakfast is different from other meals because it “breaks the fast.” Overnight your body has gone many hours without food; this is a long time for you body to go without refueling.

Why is breakfast so important?

People who eat breakfast:

- Have more energy
- Have more regular digestion
- Are more likely to have a healthy body weight
- Burn more body fat for energy
- Have better blood glucose control
- Concentrate better

“I can’t find time for breakfast.”

Life can be very hectic and sometimes stressful. It is important to eat well and take care of yourself. **Here are a few ideas to help you make time for breakfast:**

- Prepare the night before – set the table, place food in easy to find areas.
- Stock your car or brief case with healthy snacks to eat while you travel to work.
- Remember, it also takes time to go to a drive-through restaurant. You choose.



“I don’t feel like eating in the morning.”

It is very common to feel this way. However, it is still important to eat something when you get up in the morning. **Here are a few**

suggestions:

- Breakfast doesn’t have to be a big meal. Start with something small, such as half a banana or 1/2 cup of yogurt. Even a small amount of food in the morning does the job of breaking the fast.
- Have foods you like readily available. If traditional foods such as cereal or toast do not appeal to you, try something else. Make a list of foods you would enjoy and have them within reach in the morning.
- If you feel queasy in the morning, choose foods that are light and nutritious . . . fruit, whole grains, low fat dairy products.

Turn the page to learn more about Flax for breakfast.



“Flax is a great choice for breakfast.”

Valley flax flour is an great choice to give your breakfast a nutritional boost. Flax flour provides a high quality protein, soluble and insoluble fibre, healthy omega-3 fats and anti-oxidants.

Start by adding 1-2 teaspoons of flax flour a day, then gradually over a few days increase up to 2 Tablespoons a day. Flax adds a delicious nutty flavor to foods and can be enjoyed by every member of your family. **Here are a few tasty ideas:**

- Add brown or golden flax flour to your morning cereal (hot or cold)
- Sprinkle flax flour on yogurt or applesauce
- Stir a tablespoon of flax flour in a glass of fruit juice, vegetable juice or power drink
- Add flax flour to your favorite smoothie
- Mix flax flour with nut butter (peanut, almond or cashew) and spread on toast
- Bake muffins and loafs with flax flour

Here are two of our favorite flax recipes that are easy to make and delicious for breakfast any day of the week.

Fruit Smoothie with Flax Flour

Ingredients

- Fresh or frozen fruit enough for one or two people (banana, apple, pears, peaches, oranges, kiwi, pineapple, blueberries, strawberries, or other available fruit)
- Fruit juice 60 – 125 ml (¼ to ½ cup)
- Yogurt 60 – 125 ml (¼ to ½ cup)
- Valley Flax Flour (golden or brown) 60 – 90 ml (4-6 Tbsp)
- Ice (optional)

1. In a blender, combine the washed or peeled fruit with the fruit juice, yogurt and flax flour. Add ice, as desired.
2. Blend until smooth.
3. Thin with additional juice, as required.

Banana Flax Muffins

Ingredients

- Egg 1
- Milk 250 ml (1 cup)
- Sugar, white 125 ml (½ cup)
- Bananas, mashed 300 g (3 medium)
- Vanilla 5 ml (1 tsp)
- Flax flour 250 ml (1 cup)
- White flour 250 ml (1 cup)
- Whole wheat flour 250 ml (1 cup)
- Baking soda 5 ml (1 tsp)
- Baking power 15 ml (1 Tbsp)

1. In a bowl, mix together the egg, milk, sugar, bananas and vanilla.
2. In another bowl, mix together the flours, baking soda and baking powder.
3. Combine the wet and dry ingredients, mix until just blended.
4. Scoop bater into 12 non-stick or paper lined muffin cups. Bake at 400F for 20 minutes, or until firm to touch.

For more delicious flax recipes go to www.flaxflour.com

Freshly milled premium quality brown or golden flax flour is available at www.valleyflaxflour.com or by calling 1 866 825 8256