



Fast Breaking Foods

Sunrise Smoothie
Maple Almond Granola
with
Yogurt and Fresh Fruit
or
French Toast Waffles
with
Blueberry Maple Syrup

SUNRISE SMOOTHIE

1 cup (250 mL) vanilla yogurt	1/4 tsp (1 mL) cinnamon
1 cup (250 mL) orange juice	1 cup (250 mL) ice cubes

Combine all ingredients in a blender. Puree until smooth and slushy. Serve immediately. Serves 4.

MAPLE ALMOND GRANOLA

3 cups (750 mL) old-fashioned large flake oats	1/3 cup (75 mL) packed brown sugar
1 cup (250 mL) sliced natural almonds	2 tbsp (25 mL) oil
3/4 cup (175 mL) shredded coconut	2 tbsp (25 mL) warm water
1/3 cup (75 mL) sesame seed	1/2 tsp (2 mL) salt
1/3 cup (75 mL) maple syrup	1 cup (250 mL) raisins

Combine oats, almonds, coconut and sesame seed in a bowl. Whisk together syrup, brown sugar, oil, water and salt until blended. Pour syrup mixture over oat mixture and stir until coated. Transfer to a lightly greased 12x17 inch (30x43 cm) jelly-roll pan. Bake at 250°F (120°C), stirring occasionally, for 1 1/4 hours or until mixture is lightly browned and dry; cool. Transfer granola to a bowl and stir in raisins. Store in a cool dry place for up to 1 month. Makes 5 cups (1.25 L).

FRENCH TOAST WAFFLES

1 cup (250 mL) milk	2 tsp (10 mL) vanilla
2 eggs	1/2 tsp (2 mL) cinnamon
1 tbsp (15 mL) butter, melted	24 - 28 diagonally sliced baguette slices,
1 tbsp (15 mL) sugar	1/2 inch (1.25 cm) thick

Whisk together first 6 ingredients (milk through cinnamon) in a bowl. Pour milk mixture into a pie plate. Preheat a lightly oiled nonstick electric waffle maker on medium heat. Dip 4 - 6 baguette slices into milk mixture. Turn slices over and let stand for 1 minute. Place onto hot waffle maker. Cook for 3 - 5 minutes or until golden brown. Repeat with remaining baguette slices and milk mixture. Serve immediately. Serves 4 - 6.

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BLUEBERRY MAPLE SYRUP

1 cup (250 mL) frozen blueberries

1/4 tsp (1 mL) cinnamon

1 cup (250 mL) maple-flavoured pancake syrup

Combine all ingredients in a medium saucepan. Bring to a boil over medium heat. Reduce heat and simmer, stirring occasionally, for 10 minutes or until slightly thickened; cool. Cover and refrigerate for up to 3 days. Serve warm or at room temperature. Makes 1 1/2 cups (375 mL).