



# Mom's Special Breakfast in Bed

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*Apricot Banana Smoothie*  
*Multigrain Pancakes with Ginger Butter*  
*or*  
*Apricot and White Chocolate Muffins*  
*Crisp Bacon*  
*Strawberries with Romanoff Dip*

## **APRICOT BANANA SMOOTHIE**

4 cups (1 L) apricot nectar	4 bananas, sliced
2 cups (500 mL) ice cubes	1/2 tsp (2 mL) vanilla
1 cup (250 mL) yogurt	

Prepare smoothie in two batches. For each batch, combine half of each ingredient in a blender. Puree until smooth. Pour into glasses and serve immediately. Serves 6 - 8.

## **MULTIGRAIN PANCAKES WITH GINGER BUTTER**

1/3 cup (75 mL) quick-cooking rolled oats	1 egg
1/2 cup (125 mL) flour	2 tbsp (25 mL) firmly packed brown sugar
1/2 cup (125 mL) whole wheat flour	1 1/4 cups (300 mL) milk
2 tsp (10 mL) baking powder	1 1/2 tsp (7 mL) vanilla
1/2 tsp (2 mL) salt	Ginger Butter, recipe follows
1/4 tsp (1 mL) cinnamon	

Combine first 6 ingredients (oats through cinnamon). Beat together egg, sugar, milk and vanilla. Stir into flour mixture just until blended. Let batter stand 5 minutes. Using 1/4 cup (50 mL) batter for each pancake, cook pancakes on a lightly greased griddle over medium heat. Cook pancakes until golden on both sides, about 2 minutes per side. Serve with Ginger Butter. **Yield:** 10 pancakes.

**Ginger Butter:** Beat together 3/4 cup (175 mL) softened butter, 3 tbsp (40 mL) finely chopped preserved ginger and 2 tsp (10 mL) preserved ginger syrup until fluffy. May be refrigerated for up to 1 week. Leftover butter may be used as a spread on muffins and toasted bagels or as a seasoned butter for steamed carrots.

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### APRICOT AND WHITE CHOCOLATE MUFFINS

1 3/4 cups (425 mL) flour	3/4 cup (175 mL) milk
1/2 cup (125 mL) sugar	1/4 cup (50 mL) butter, melted
1 1/2 tsp (7 mL) baking powder	1 egg, lightly beaten
1/2 tsp (2 mL) salt	1 tsp (5 mL) vanilla
1 tbs (15 mL) finely chopped crystallized ginger	1/3 cup (75 mL) apricot jam
2 squares white chocolate, finely chopped	Sugar

Combine flour, sugar, baking powder, salt, ginger and chocolate. Whisk together milk, butter, egg and vanilla. Add to flour mixture, stirring just until blended. Spoon half of batter into paper-lined muffin cups. Spoon a small amount of apricot jam onto center of batter in each muffin cup. Top with remaining batter; do not spread. Lightly sprinkle tops with additional sugar. Bake at 400°F (200°C) for 20 minutes. Cool muffins in pan 5 minutes. Remove from pan and cool on a rack. Muffins may be frozen. **Yield:** 12 muffins.

### STRAWBERRIES WITH ROMANOFF DIP

1 pkg (4 serving size) instant vanilla pudding mix	1 tsp (5 mL) vanilla
1 cup (250 mL) milk	1 cup (250 mL) sour cream
1/4 cup (50 mL) orange liqueur	4 cups (1 L) whole strawberries

To prepare Romanoff dip, use low speed of an electric mixer and beat together pudding mix, milk, liqueur and vanilla just until thickened, about 1 minute. Beat in sour cream until blended. Cover and refrigerate for 2 hours. Serve with strawberries. Makes about 2 1/2 cups (625 mL) dip.