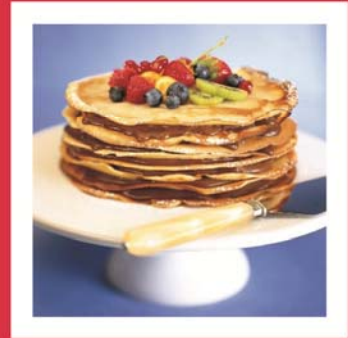
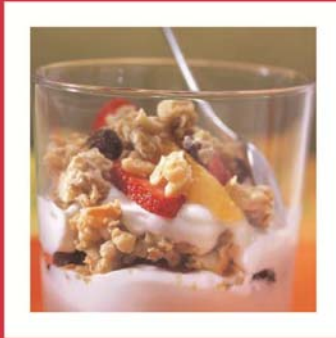


# Healthy breakfast and snack recipes



**FIRST NATIONS OF QUEBEC AND LABRADOR  
HEALTH AND SOCIAL SERVICES COMMISSION**



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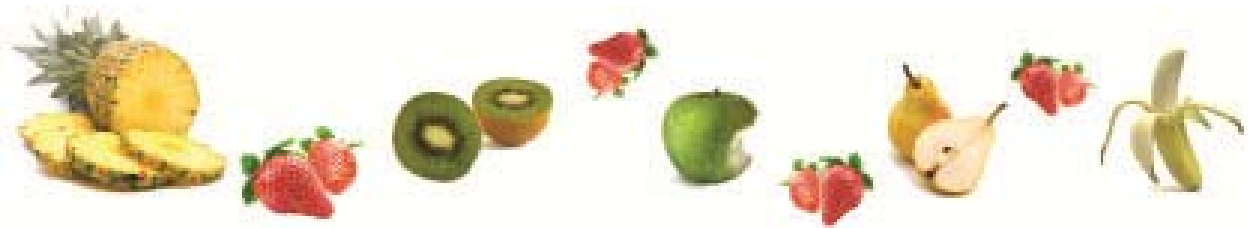
Printed in 2010





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## Suggested Breakfast Recipes

### What is a complete breakfast?

A complete breakfast is a breakfast that contains at least one food from three of the four food groups in Canada's Food Guide—First Nations, Inuit and Métis.

- 1) **Fruit and vegetables:** fresh, frozen or canned fruit, fruit compote, fruit salad, 100% fruit juice, etc.
- 2) **Grain products:** cereal, bagel, bannock, bread, muffin, etc.
- 3) **Milk and alternatives:** milk, yogurt, cheese, fortified soy beverage, etc.
- 4) **Meat and alternatives:** peanut butter, nuts, eggs, wild meat, etc.



### Breakfast is the most important meal of the day!

Breakfast enables you to fuel your body before leaving home or undertaking your activities of the day. It is the same as for an all-terrain vehicle (ATV): when you set out for a long ride, it is important to fill up the gas tank before leaving to make sure you do not run out!

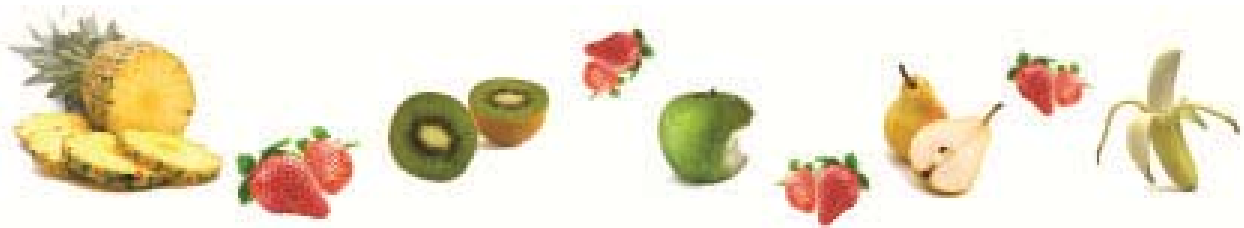
The same goes for our bodies! During the night, we do not eat for a period of 8 to 12 hours, and our bodies use stored energy to ensure that everything works as it should. If we do not have breakfast, we will be low on fuel and have less energy to start the day.

### Skipping breakfast has a negative impact on children's behaviour in class.

**Both children and adults who skip breakfast will:**

- have a tendency to gain weight;
- show a lack of attention or interest, especially in learning and classroom activities;
- lack energy and be tired all morning;
- be irritable and in a bad mood.

**Breakfast is the perfect opportunity to share quality time with your family.**



**Eating breakfast regularly promotes the regularity of meal times throughout the day.**

**If you are in a hurry, make sure that you grab foods such as a muffin, cereal, a granola bar, a piece of cheese or a drinkable yogurt.**

**Make breakfast a family activity! Whenever possible, encourage children to help prepare breakfast. You will get them interested in food preparation and healthy eating.**

## **Snacks**

**Snacks are beneficial to people with diabetes, among others. Snacks enable them to better spread out carbohydrate intake over the entire day, which helps them better control their blood sugar levels by reducing cravings and preventing them from eating too much during meals.**

Snacks are a good way to nourish your body between two meals. When you feel hungry, a healthy snack will give you energy and nutrients that are essential for the body to function well, including fibre. Fibre comes mainly from whole wheat grain products, fruit, vegetables and legumes. This fibre helps to control your hunger and make you feel full, two important factors in weight control in people who are overweight and diabetics.

For diabetics, a healthy snack makes it possible to:

- better spread out their carbohydrate intake over the entire day;
- prevent hypoglycemic reactions;
- get the vitamins, minerals and fibre that are essential to ensure that their bodies are working properly;
- control their weight.

It is recommended that people who are taking medication to control their diabetes speak to a doctor or a nutritionist before having snacks on a regular basis.

Eating healthy snacks also has a positive impact on dental health. A healthy snack that is low in added sugar and that contains foods from two of the four Canadian food groups prevents cavities from forming.



## Kellogg's Froot Loops



Nutrition Facts Valeur nutritive		
Serving 3/4 cup (27 g) Portion de 3/4 tasse (27 g)		
Amount per serving	Cereal	With 1/2 Cup 2% Milk
Teneur par portion	Céréales	Avec 1/2 tasse de lait 2 %
<b>Calories / Calories</b>	100	170
% Daily Value / % valeur quotidienne		
<b>Fat / Lipides 0.5 g†</b>	1 %	5 %
Saturated / saturés 0.5 g + Trans / trans 0 g	2 %	10 %
<b>Cholesterol / Cholestérol 0 mg</b>	0 %	3 %
<b>Sodium / Sodium 110 mg</b>	5 %	7 %
<b>Potassium / Potassium 30 mg</b>	1 %	6 %
<b>Carbohydrate / Glucides 24 g</b>	8 %	10 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 12 g		
Starch / Amidon 11 g		
<b>Protein / Protéines 1 g</b>		
Vitamin A / Vitamine A	0 %	8 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	0 %	15 %
Iron / Fer	25 %	25 %
Vitamin D / Vitamine D	0 %	25 %
Thiamin / Thiamine	40 %	45 %
Riboflavin / Riboflavine	2 %	15 %
Niacin / Niacine	6 %	10 %
Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub>	10 %	10 %
Folate / Folate	8 %	10 %
Vitamin B <sub>12</sub> / Vitamine B <sub>12</sub>	0 %	25 %
Pantothenate / Pantothénate	6 %	10 %
Phosphorus / Phosphore	2 %	15 %
Magnesium / Magnésium	2 %	10 %
Zinc / Zinc	10 %	15 %

† Amount in cereal / Dans les céréales.

## Kellogg's Special K



Nutrition Facts Valeur nutritive		
Serving 1 1/4 cup (29 g) Portion de 1 1/4 tasse (29 g)		
Amount per serving	Cereal	With 1/2 Cup 1% Milk
Teneur par portion	Céréales	Avec 1/2 tasse de lait 1 %
<b>Calories / Calories</b>	110	160
% Daily Value / % valeur quotidienne		
<b>Fat / Lipides 0 g†</b>	0 %	2 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %	5 %
<b>Cholesterol / Cholestérol 0 mg</b>	0 %	2 %
<b>Sodium / Sodium 230 mg</b>	10 %	12 %
<b>Potassium / Potassium 40 mg</b>	1 %	7 %
<b>Carbohydrate / Glucides 22 g</b>	7 %	9 %
Fibre / Fibres 0 g	0 %	0 %
Sugars / Sucres 3 g		
Starch / Amidon 19 g		
<b>Protein / Protéines 5 g</b>		
Vitamin A / Vitamine A	0 %	8 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	0 %	15 %
Iron / Fer	30 %	30 %
Vitamin D / Vitamine D	0 %	25 %
Thiamine / Thiamine	45 %	45 %
Riboflavin / Riboflavine	2 %	15 %
Niacin / Niacine	10 %	15 %
Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub>	10 %	10 %
Folate / Folate	8 %	10 %
Vitamin B <sub>12</sub> / Vitamine B <sub>12</sub>	0 %	30 %
Pantothenate / Pantothénate	6 %	15 %
Magnesium / Magnésium	6 %	10 %
Zinc / Zinc	6 %	10 %
Manganese / Manganèse	15 %	15 %

† Amount in cereal / Dans les céréales.



## Breakfast Recipes

### Oatmeal

Eating oatmeal for breakfast is an excellent way to start the day. Combined with a glass of milk and a fruit or a glass of real fruit juice, oatmeal is a complete meal.

### Basic oatmeal

Servings: 4

Preparation time: 5 min

Cooking time: 6-8 min

#### Ingredients

2 cups (500 ml) of water

1 cup (250 ml) of rolled oats, uncooked

Brown sugar, maple syrup or honey

#### Preparation

1- In a saucepan, bring the water to a boil. Lower the heat and add the rolled oats.

2- Cook for approximately 5 to 7 minutes or until the oats have absorbed the water. Remove from the heat. Add the toppings to taste, and serve.

**Suggestion: Be creative! Personalize your recipe by adding nuts and fruit according to your taste!**



## Healthy maple oatmeal

Servings: 4

Preparation time: 5 min

Cooking time: 10 min

### Ingredients

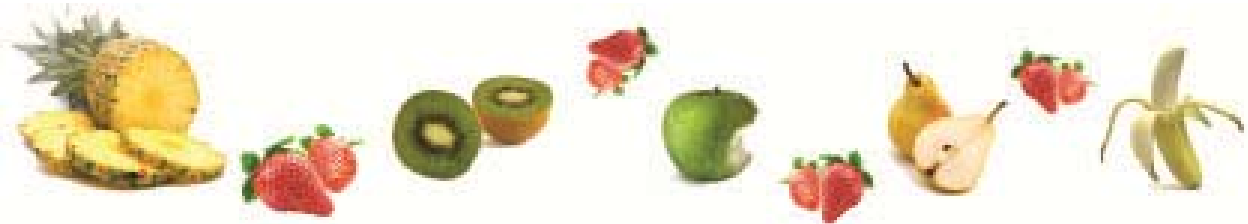
- 2 cups (500 ml) of milk or water
- 1 cup (250 ml) of rolled oats, uncooked
- ½ cup (125 ml) of walnuts, chopped
- 2 tablespoons (30 ml) of maple syrup
- 1 teaspoon (5 ml) of vanilla
- ½ teaspoon of salt

### Preparation

- 1- In a saucepan, combine the milk and the salt. Bring to a boil. Lower the heat.
- 2- Add the rest of the ingredients and mix everything together.
- 3- Cook for approximately 5 to 7 minutes or until the oats have absorbed the liquid.
- 5- Remove from the heat and serve.

## Banana oatmeal





Servings: 4

Preparation time: 5 min

Cooking time: 5 min

### Ingredients

2 cups (500 ml) of milk or water

1 cup (250 ml) of rolled oats, uncooked

1 ripe banana, mashed

1 banana, sliced

10 g of dark chocolate (70% cocoa), in small pieces

### Preparation

1- In a saucepan, bring the milk to a boil. Lower the heat and mix in the rolled oats.

2- Cook for approximately 5 to 7 minutes or until the rolled oats have absorbed the liquid.

3- Remove from the heat. Add the mashed banana and mix together.

4- Top with brown sugar, banana slices and dark chocolate, and serve.

## Smooth oatmeal with apple, cinnamon and raisins

Servings: 4



Preparation time: 5 min

Cooking time: 8-10 min

### Ingredients

- 2 cups (500 ml) of water
- 1 cup (250 ml) of rolled oats, uncooked
- 2 tablespoons (30 ml) of maple syrup
- 2 tablespoons (30 ml) of raisins
- 2 teaspoons (10 ml) of brown sugar
- 1 teaspoon (5 ml) of ground cinnamon
- 1 apple, peeled and diced



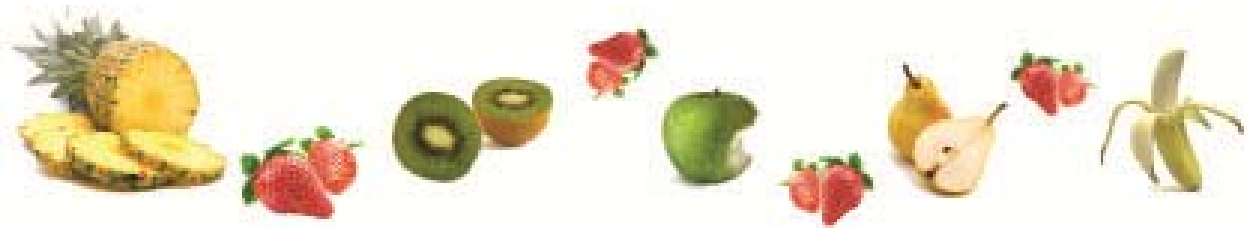
### Preparation

- 1- In a saucepan, combine the water, the brown sugar, the cinnamon and the maple syrup.
- 2- Bring to a boil. Lower the heat and add the rolled oats.
- 3- Cook for approximately 5 to 7 minutes or until the rolled oats have absorbed the liquid.
- 4- Remove from the heat, add the raisins and serve.

### Cereal

The term “cereal” is used in agriculture to identify the various plants that produce the grains that we eat such as barley, oats and wheat, to name only a few.

The term “cereal” also refers to the blend of grains that we eat for breakfast called “breakfast cereal.” Among commercial breakfast cereal blends, we find baby cereals such as Pablum,



sweetened cereals (Froot Loops, Corn Pops, Honeycombs and others) and healthy cereals (oatmeal, Multigrain Cheerios, Quaker Oat Squares, Shreddies, President's Choice muesli and others).

To help you make a wise choice when you buy your cereal at the store, here are two points to consider:

- ensure that the cereal contains at least 2 g of fibre per portion;
- ensure that the quantity of sugar is less than 6 g per portion, or less than 10 g per portion if the cereal contains dried fruit.

Just like oatmeal, cereal is a wise choice for a healthy breakfast. However, many cereals found on grocery store shelves contain a great deal of added sugar.

Below are some recipes that will enable you to make your own cereal according to your taste. These recipes contain more than 2 g of fibre and no added sugar.

However, preparation requires a certain amount of planning. In order to obtain the texture and taste that you are seeking, it is recommended that you cook the dry ingredients in advance and that you store them in an airtight container.

**Here are a few choice recipes! To improve their taste, add some fresh or frozen berries.**

## **Homemade granola (basic recipe)**

Servings: 10

Preparation time: 10 min

Cooking time: 25-35 min

### **Ingredients**

5 cups (1,250 ml) of rolled oats

1 cup (250 ml) of sunflower seeds or other types of seeds

$\frac{2}{3}$  cup (160 ml) of coconut, shredded

$\frac{2}{3}$  cup (160 ml) of honey



¼ cup (60 ml) of canola oil

1 cup (250 ml) of raisins

Milk to taste

### Preparation

- 1- Preheat the oven to 350°F.
- 2- Lightly oil a baking sheet measuring approximately 23 cm x 23 cm with 1 teaspoon (5 ml) of canola oil.
- 3- In a large bowl, mix all the ingredients together well (except the raisins).
- 4- Pour the ingredients into the mould and cook for approximately 25 to 35 minutes until golden brown. Stir from time to time.
- 5- Let cool and add the raisins.
- 6- Serve with milk.



**Here are a few alternatives to this basic recipe for those who feel adventurous and who want to try different flavours!**

### Crunchy pecan granola

Servings: 10

Preparation time: 10 min

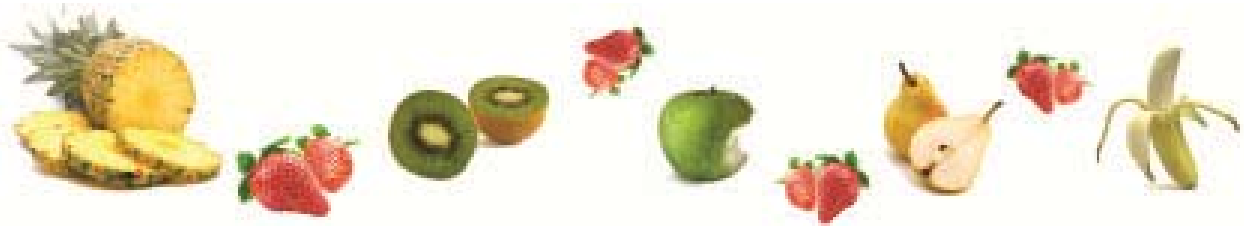
Cooking time: 25-35 min

### Ingredients

2 teaspoons (10 ml) canola oil

3 cups (750 ml) rolled barley or oats

2 cups (500 ml) pecans, coarsely chopped



- 1 cup (250 ml) dried unsweetened coconut, shredded
- 1 cup (250 ml) raisins
- ½ cup (120 ml) kamut or whole wheat flour
- ¼ cup (60 ml) honey
- 1 pinch salt
- Milk to taste

### Preparation

See basic preparation.

## Sunny granola

- Servings: 10
- Preparation time: 10 min
- Cooking time: 25-35 min

### Ingredients

- 3 cups (750 ml) rolled grains (oats, rye, etc.)
- ¾ cup (190 ml) unsweetened co-

barley,  
conut





$\frac{1}{3}$  cup (80 ml) milk powder  
 $\frac{1}{3}$  cup (80 ml) wheat germ  
 $\frac{1}{3}$  cup (80 ml) oat bran  
 $\frac{1}{8}$  teaspoon (0.6 ml) ground nutmeg  
 $\frac{1}{8}$  teaspoon (0.6 ml) ground ginger  
 $\frac{1}{2}$  teaspoon (2.5 ml) ground cinnamon  
2 tablespoons (30 ml) canola oil  
2 tablespoons (30 ml) honey  
2 tablespoons (30 ml) molasses  
Milk to taste

### Preparation

- 1- Refer to the basic preparation.
- 2- Mix the dry ingredients and the wet ingredients separately, and combine before cooking.
- 3- Serve with milk.

## Crêpes

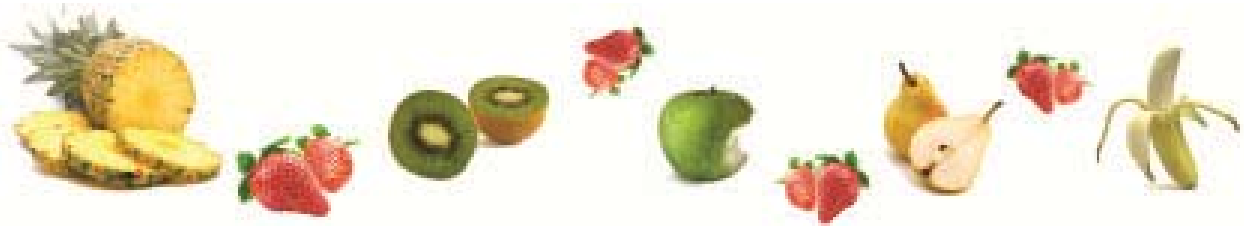
To save some time, you can prepare the crêpe batter the night before and refrigerate it. That way, you will have the time to enjoy breakfast with your family.

If you have any leftovers, put them in the refrigerator! All you have to do is reheat them in the microwave the next day!

### Thin crêpes

Servings: 8





Preparation time: 5-8 min

Cooking time: 5-10 min

### Ingredients

1 ¼ cups (310 ml) of whole wheat flour (or another type of flour)

1 ¼ cups (310 ml) of milk

1 egg, lightly beaten

1 tbsp + 2 tsp (25 ml) of sugar





Canola oil

Toppings: Maple syrup, yogurt or peanut butter

Fresh or frozen berries, bananas, apples or other types of fruit, or fruit compote

### Preparation

- 1- Combine the flour and the salt.
- 2- Make a well in the centre and add the egg and a bit of milk.
- 3- As you gradually add the rest of the milk, whisk the batter briefly until it is smooth.
- 4- Coat the surface of a skillet with approximately 1 teaspoon (5 ml) of canola oil and place the skillet on medium heat.
- 5- Using a ladle, pour about 2 tbsp (30 ml) of batter into the skillet and cook for approximately 1 to 2 minutes until the underside of the crêpe is golden brown. Flip the crêpe and cook for another 30 to 45 seconds.
- 6- Add toppings to taste and enjoy!

**For a variation on the recipe, replace the whole wheat flour with rolled oats! You can also replace half of the flour with Pablum. The taste will be different, but absolutely delicious!**

## **Whole wheat banana or blueberry pancakes**

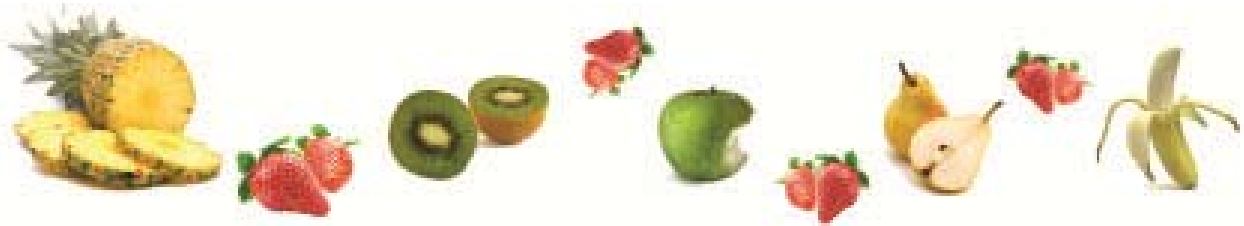
Servings: 6-8

Preparation time: 10 min

Cooking time: 5-10 min

### Ingredients

- 1 ½ cups (325 ml) of whole wheat flour (or all-purpose flour)
- 3 tablespoons (45 ml) of brown sugar
- 1 tablespoon (15 ml) of baking powder
- 1 teaspoon (5 ml) of cinnamon
- ¼ teaspoon of salt



- 1 ¼ cups (300 ml) of milk
- 1 egg, beaten
- 3 tablespoons (45 ml) of canola oil
- ½ teaspoon (2 ml) of vanilla
- 1 large banana or 1 cup (250 ml) of fresh or frozen blueberries
- Topping: vanilla yogurt, syrup or fruit compote

### Preparation

- 1- In a bowl, combine the flour, the brown sugar, the baking powder, the cinnamon and the salt.
- 2- In another bowl, combine the milk, the egg, the oil and the vanilla.
- 3- Add the dry ingredients to the wet ingredients and mix them together.
- 4- Add a cup of blueberries or banana slices to the pancake batter. Stir gently.
- 5- Heat up a bit of oil in a skillet on medium heat. Using a ladle, pour about ¼ cup (60 ml) of pancake batter into the skillet and cook for approximately 1 ½ to 2 minutes on one side or until the pancake is golden brown. Flip the pancake and cook for approximately 30 to 60 seconds.
- 6- Add the desired toppings and enjoy.

**For a flavour variation, replace a quarter of the whole wheat flour with Pablum or rolled oats. The taste will be different and fantastic!**

### Waffle

Just like for crêpes, you can prepare the batter the night before. Once it is cooked, if you have any left-overs, put them in the refrigerator! All you will have to do is heat them up in the microwave or toaster!

- Servings: 4
- Preparation time: 15 min
- Cooking time: 10 min

### Ingredients

- 1 cup (250 ml) of flour
- 2 teaspoons (10 ml) of baking powder
- ½ teaspoon (2 ml) of salt
- 2 eggs

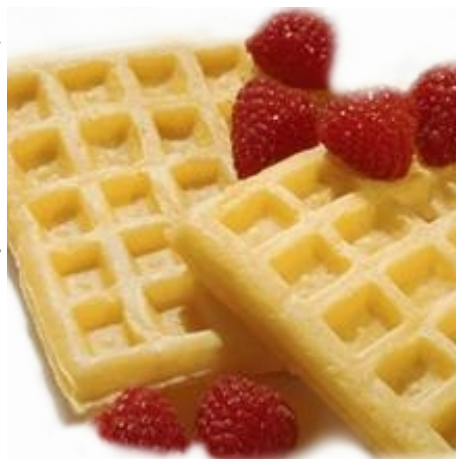


- 2 tablespoons (30 ml) of brown sugar
- 2 tablespoons (30 ml) of canola oil
- 1 teaspoon (5 ml) of vanilla
- 1 cup (250 ml) of milk

Toppings: Maple syrup, yogurt or peanut butter  
Fresh or frozen berries, bananas,  
apples or other types of fruit, or fruit com-  
pote

### Preparation

- 1- In a bowl, combine the flour, the baking powder and the salt.
- 2- In another bowl, whisk the eggs with the brown sugar and the vanilla for 2 to 3 minutes. While stirring, gradually add the oil.
- 3- Add the dry ingredients to the blend and mix until the batter is smooth.
- 4- Preheat the waffle iron. Pour in ½ cup to 1 cup of batter. Cook for 3 to 5 minutes until the waffle is golden brown.

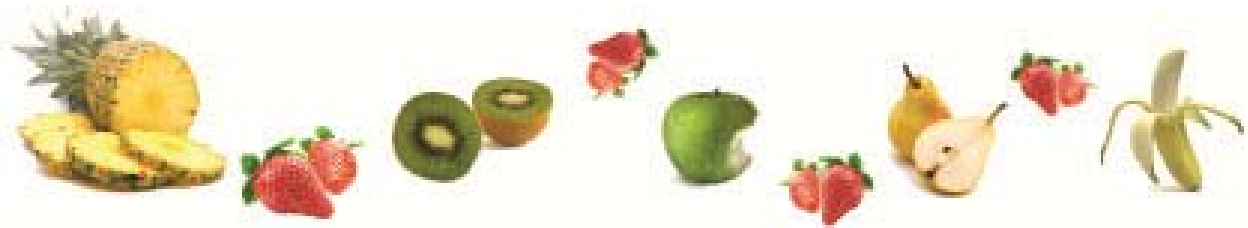


## French toast

Servings: 6-8  
Preparation time: 5 min  
Cooking time: 5-10 min

### Ingredients

- 4 eggs
- 1 cup (250 ml) of milk
- Whole wheat bread
- Cinnamon
- Canola oil



Maple syrup

### Preparation

- 1- In a bowl, beat together the eggs, the milk and cinnamon.
- 2- Soak the slices of bread on both sides.
- 3- Coat the surface of a skillet with about 1 teaspoon (5 ml) of canola oil and place the skillet on medium heat.
- 4- Cook the slices of bread until each side is golden-brown.
- 5- Serve with maple syrup.



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**Suggestion:** Try raisin bread. The taste will be different, but just as good!

**Complete breakfast:** Complete your breakfast with a fruit and a glass of milk. That way, you will have a complete, nutritious breakfast!

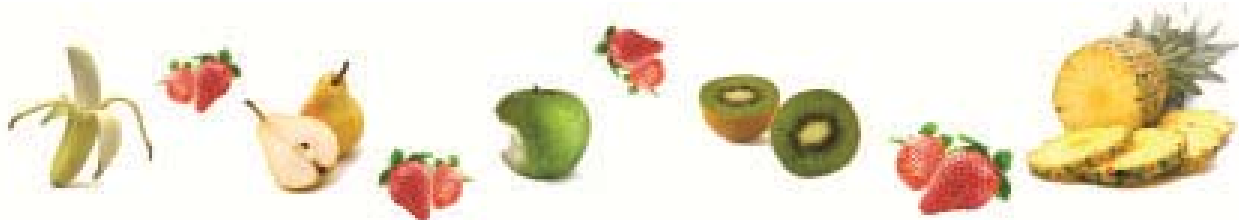
## Muffins

Muffins keep very well in the freezer, so you can double the recipe and store them. That way, you will satisfy your family longer!

## Fruits muffins

Servings: 12

Preparation time: 10 min



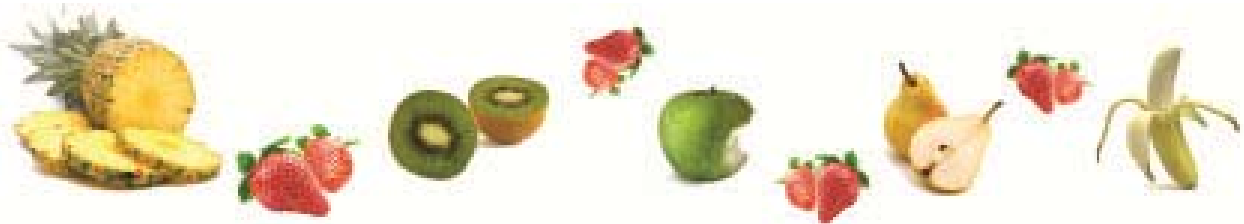
Cooking time: 20 min

### Ingredients

$\frac{3}{4}$  cup (200 ml) of all-purpose flour

$\frac{3}{4}$  cup (200 ml) of whole wheat flour





- 1 tablespoon (15 ml) of baking powder
- ¼ teaspoon (1 ml) of salt
- ½ cup (125 ml) of brown sugar
- 1 egg, beaten
- ¾ cup (200 ml) of milk
- ¼ cup (60 ml) of canola oil
- 1 cup of fresh, frozen or canned fruit, drained and cut into small pieces



### Preparation

- 1- Preheat the oven to 400°F and grease the muffin tins with oil.
- 2- In a large bowl, combine the two types of flour, the baking powder and the salt.
- 3- In another bowl, combine the brown sugar, the beaten egg, the milk and the oil.
- 4- Add the wet ingredients to the dry ingredients and mix until the batter is smooth.
- 5- Add the fruit and stir gently.
- 6- Divide the batter evenly in the muffin tins.
- 7- Cook for approximately 20 minutes or until a toothpick inserted into the centre of a muffin comes out clean, without any batter stuck to it.

**Variation:** In addition to varying the types of fruit used in this recipe, you can replace the white flour by bran cereal. Bran adds a large amount of fibre, which is beneficial to your health. Fibre never tasted this good!

## Bagel with eggs and melted cheese

Servings: 4  
Preparation time: 15 min  
Cooking time: 5 min

### Ingredients

- 6 hard-boiled eggs, chopped
- ½ cup (125 ml) of cooked ham or wild meat, cut into small pieces
- ⅓ cup (85 ml) of mayonnaise





- 1 tablespoon (15 ml) of scallions, chopped
- Salt to taste
- Pepper to taste
- 4 bagels
- ½ cup (125 ml) of old cheddar cheese, shredded

### Preparation

- 1- Mix together the eggs, the ham, the mayonnaise and the scallions. Add salt and pepper.
- 2- Slice the bagels in half and toast them.
- 3- Spread the egg mixture over the half-bagels and sprinkle with cheese.
- 4- Heat the bagels in a toaster oven or under the oven broiler until the cheese is golden brown, or in the microwave on medium power (50%) for 30 seconds, and serve.



## Breakfast burrito

- Servings: 2
- Preparation time: 10 min
- Cooking time: 10 min

### Ingredients

- 4 eggs, beaten
- 2 whole wheat tortillas
- ¼ cup (60 ml) of red pepper, diced



¼ cup (60 ml) of green pepper, diced  
3 tablespoons (45 ml) of onion, finely chopped  
1 teaspoon (5 ml) of fresh parsley  
1 teaspoon (5 ml) of canola oil  
Salsa to taste  
Sour cream to taste

### Preparation

- 1- Heat the canola oil in a skillet and sauté the vegetables.
- 2- When the vegetables are tender, lower the heat to minimum and add the eggs, stirring continuously.
- 3- When the eggs are cooked, remove from the heat.
- 4- Place the tortillas in a microwaveable plate and cook for 15 to 25 seconds on maximum power.
- 5- Place the cooked egg mixture on the tortillas and add the parsley, the salsa and the sour cream. Roll and serve.



**Suggestion:** You can cook the vegetables and the eggs the night before and keep them in the refrigerator. All you have to do in the morning is heat up the cooked egg mixture in the microwave!

## Breakfast sandwich

Serving: 1  
Preparation time: 10 min  
Cooking time: 5 min

### Ingredients

1 egg  
1 slice of ham or wild meat



- 1 slice of cheese
- 1 English muffin
- Non-hydrogenated margarine

### Preparation

- 1- Slightly toast the English muffin in the toaster.
- 2- Crack the egg in a microwaveable bowl that is about the same size as the English muffin.
- 3- Cook the ham or the wild meat in a skillet.
- 4- Cook the egg in the microwave for approximately 1 minute on maximum power.
- 5- Spread a thin layer of margarine on the inside of the English muffin and place the cheese on top.
- 6- Add the cooked egg and ham .

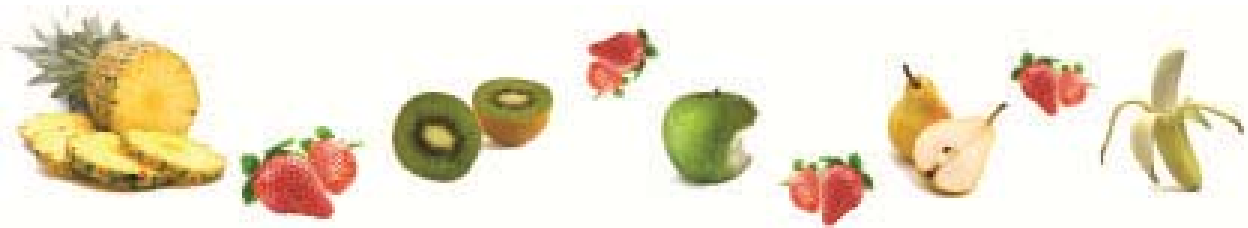


## Vegetable omelette

- Servings: 2
- Preparation time: 10 min
- Cooking time: 5-10 min

### Ingredients

- 2 eggs
- 1/3 cup (80 ml) of skim milk



½ cup (120 ml) of mushrooms, thinly sliced  
½ cup (120 ml) of red and green pepper, diced  
½ cup (120 ml) of broccoli, cut into pieces  
¼ cup (120 ml) of onion, cut into pieces  
Salt and pepper to taste  
½ cup (120 ml) of part-skim cheddar or mozzarella cheese  
Canola oil



### Preparation

- 1- In a bowl, whisk together the eggs and the milk.
- 2- Add the vegetables, the salt and the pepper, and stir.
- 3- Pour the mixture into a skillet coated with canola oil and place on medium heat.
- 4- Cook until the edges of the omelette begin to set. Flip the omelette and continue to cook it on the other side until it is golden brown. Remove from the heat.
- 5- Spread the cheese on the omelette, fold it in two and serve.

**Suggestion:** Add salmon or another wild meat to the mixture. The flavour will be different, but just as good. Surprise yourself!

## Cup of yogurt with fruit and granola

Servings: 4  
Preparation time: 10

### Ingredients

1 cup (250 ml) of fresh or frozen berries  
2 cups (500 ml) of vanilla yogurt  
¼ cup (60 ml) of maple syrup  
1 cup (250 ml) of granola cereal, muesli or rolled oats



## Preparation

- 1- Thaw the berries.
- 2- In four bowls, spread the granola cereal, the berries and the yogurt. Enjoy!

## Delicious cream

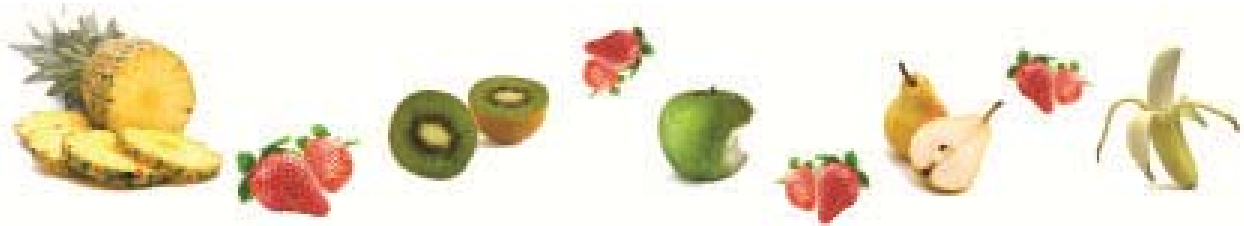
Serving: 1

Preparation time: 10 min

## Ingredients

- 2 tablespoons (30 ml) of vanilla or plain yogurt
- 1 to 2 teaspoons (5 to 10 ml) of honey
- 1 tablespoon of lemon juice
- 2 tablespoons of canola oil
- 2 teaspoons of ground almonds
- 2 teaspoons of rolled oats





2 teaspoons of flax seeds  
1 or 2 ripe bananas

### Preparation

- 1- Combine all the ingredients in a blender or simply mix all the ingredients together.
- 2- Garnish with berries.

## Polenta with fruit compote

Created by Emily Richards, P.H.Ec. © Heart and Stroke Foundation.

Servings: 6  
Preparation time: 40 min  
Cooking time: 5-10 min

### Ingredients

2 cups (500 ml) of milk  
1 cup (250 ml) of water  
 $\frac{3}{4}$  cup (175 ml) of cornmeal  
2 tablespoons (30 ml) of liquid honey





A pinch of nutmeg  
2 tablespoons (30 ml) of non-hydrogenated margarine  
Fruit compote, fresh, frozen or canned fruit

### Preparation

In a saucepan, bring the milk and the water to a boil. Slowly, but continuously, whisk in the cornmeal. Bring back to a boil and then lower the heat. Let simmer on low heat while stirring continuously for approximately 12 minutes or until the polenta becomes firm under the spoon.



Stir in the honey and the nutmeg. Pour into a square 2-litre mould and spread evenly. Let cool fully at room temperature or refrigerate until the polenta is firm.

Cut the polenta into 6 squares and set aside. In a large non-stick pan, melt the margarine on medium to high heat and brown the polenta for approximately 5 minutes, turning it once, or until it is lightly golden. Add the toppings and serve.

**Suggestion:** Prepare the polenta and the topping in advance. You can heat this dish up quickly in the microwave!

## Fruit milkshake

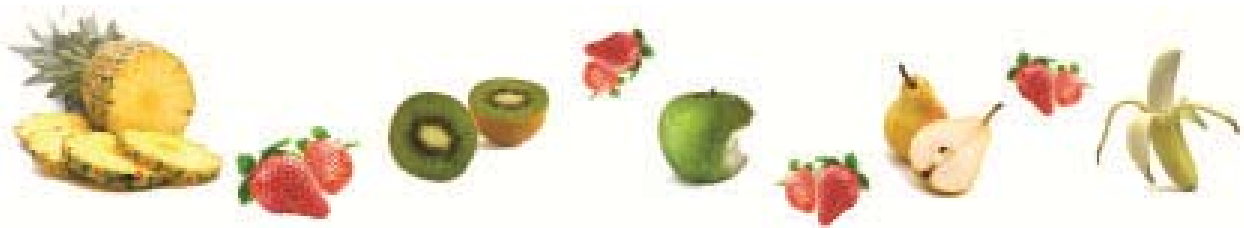
Servings: 4  
Preparation time: 10 min

### Ingredients

2 cups (500 ml) of fresh or frozen unsweetened fruit or canned fruit, drained  
1 cup (250 ml) of vanilla or plain yogurt  
2 cups (500 ml) of milk  
1 teaspoon of honey or maple syrup

### Preparation

1- If you are using fresh fruit, wash, peel and cut them.



If you are using canned fruit, drain them in a colander.

If you are using frozen fruit, thaw them slightly.

2- Put all the ingredients into a blender and reduce to a liquid puree. Serve.

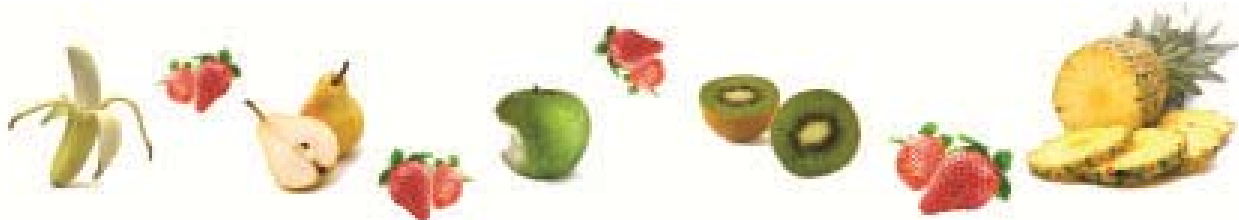
## Snacks

A healthy snack helps give your body the energy it needs, but also provides the essential nutrients to ensure that it functions and develops well.

Unfortunately, many snacks that we eat adversely affect the way that the body functions and develops. Chips, chocolate, soft drinks, candy and sweetened beverages are high-energy foods that are devoid of nutritional value. These foods are partly responsible for the health problems that affect communities such as obesity, diabetes and heart disease.

To help guide you toward a healthy choice, bear in mind that a healthy snack should be made up of foods from Canada's Food Guide: fruit, vegetables, yogurt, cheese, bannock (preferably whole wheat), bowl of cereal, granola bar, homemade muffin, etc.





Here are a few recipes to satisfy your hunger!

## Snacks recipes

### Cereal balls

#### Ingredients

1 cup (250 ml) of Rice Krispies or Corn Flakes  
½ cup of peanut butter

#### Preparation

- 1- Crush the cereal in a bowl.
- 2- Mix the cereal with the peanut butter and shape into balls .
- 3- Refrigerate until firm and enjoy!

### Homemade party mix

Servings: 6  
Preparation time: 5 min

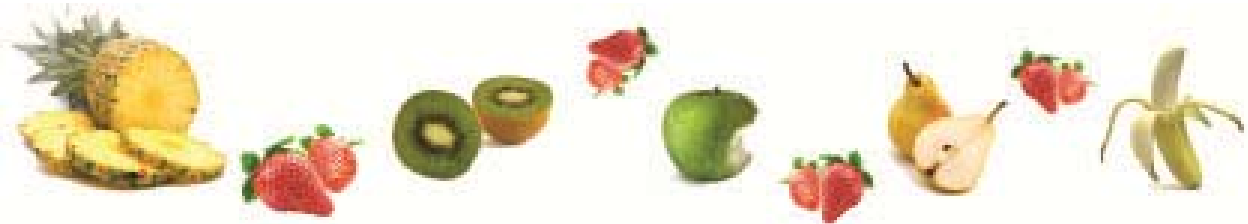
#### Ingredients

4 cups (1 L) of a Shreddies-type cereal  
4 cups (1 L) of a Cheerios-type cereal  
3 cups (750 ml) of unsalted popcorn  
2 cups (500 ml) of pretzels  
2 cups (500 ml) of raisins (or any other dried fruit)  
1 cup (250 ml) of peanuts



#### Preparation

Mix all the ingredients together.



## Apple bites

Servings: 4

Preparation time: 10 min

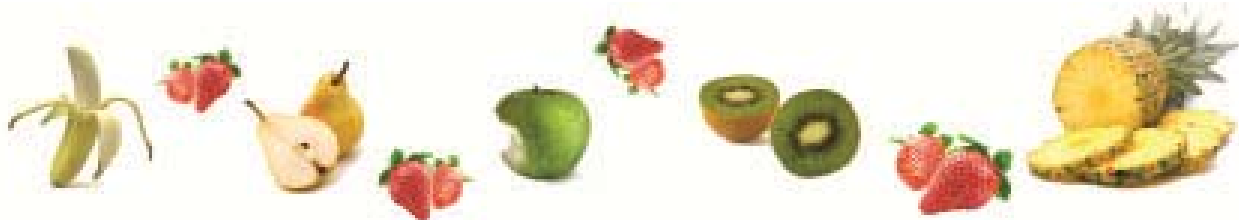
### Ingredients

- 1 or 2 apples cut into thin slices (approximately 1 cm thick)
- ½ cup (125 ml) of peanut butter
- 1 banana cut into slices (about ½ cm thick)
- ½ teaspoon of cinnamon
- ½ cup of fresh blueberries (optional)

### Preparation

- 1- Spread the peanut butter on the apple slices.
- 2- Add the banana slices.





3- Sprinkle with cinnamon.

4- Add the blueberries and serve.

## Fruit salad

Servings: 4-6

Preparation time: 10 min

### Ingredients

2 apples, diced

2 bananas, sliced

1 pear, diced

2 seedless oranges, peeled and cut into pieces

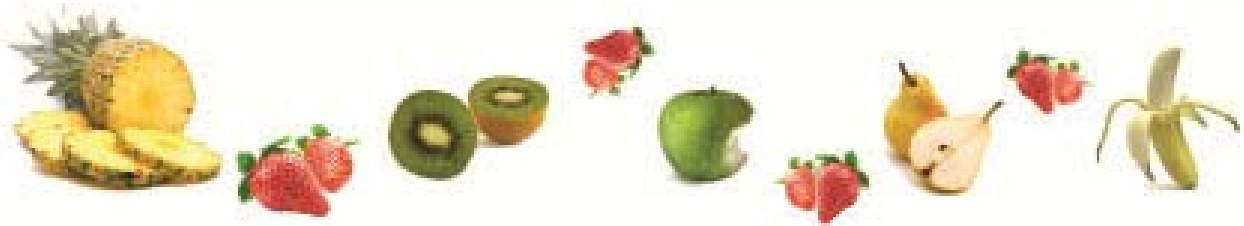
1 16oz can (approximately 480 ml) of pineapple in its juice

Any other seasonal fruit (strawberries, blueberries, cantaloupe, grapes, etc.)

1 cup (250 ml) of 100% pure orange juice

### Preparation





- 1- Wash and peel the fruit, and cut them into pieces.
- 2- Put the fruit in a bowl and add the pineapple with its juice.
- 3- Add the orange juice and mix well.

**Suggestion:** If you have any leftovers, keep them in the refrigerator. The fruit salad will taste just as good later!

## Oatmeal raisin cookies

Passeport santé

Servings: 12

Preparation time: 10 min

Cooking time: 25 min

### Ingredients

- 2 medium eggs, beaten
- 2 tablespoons (30 ml) of canola oil
- ½ cup (125 ml) of nuts
- ½ cup of dried fruit
- 2 very ripe large bananas, mashed
- 2 cups (500 ml) of rolled oats

### Preparation





- 1- Preheat the oven to 350°F (180°C).
- 2- Mix the ingredients in the order listed above.
- 3- With an ice cream scoop, place 12 half-balls on a lightly greased baking sheet.
- 4- Flatten the half-balls with slightly wet fingers.
- 5- Place the baking sheet on the centre grill of the oven for approximately 25 minutes.

**Suggestion:** Serve the cookies with yogurt. Delicious!



