



THE GIRLFRIENDS GUIDE FOR MOMS

Breakfast Edition



Good Morning, Girlfriends!

It's 7:30 on a Tuesday morning. You're folding a load of laundry, finishing your eye makeup, gulping your coffee, reminding the kids to put their homework in their backpacks, and checking work emails on your phone. All at the same time.

Sound familiar?

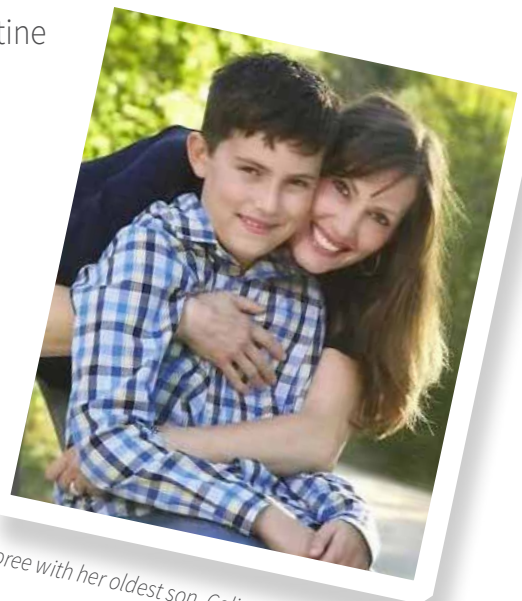
During a busy morning, it's easy to let breakfast fall low on your list of priorities, but taking a few minutes to have something to eat can really make a difference to your day. Studies have shown that eating a meal within two hours of waking not only gives you an energizing start (I don't know about you, but if I don't eat I get CRANKY), but it's just plain ol' good for your health. Who can say no to better memory, weight control, and reduced risk of diabetes and heart disease?

Breakfast is also an ideal time to get started on your daily dose of fruits and vegetables. This is, of course, where Mann's products come in. We've come up with some pretty tasty ways to make breakfast not only the most important meal of the day, but also the best. Throw some Power Blend into your blender along with frozen berries and oatmeal; substitute cauliflower for carbs in hash browns; or add our sweet potato ribbons to a perfect on-the-go breakfast wrap.

I hope we can inspire you to shake up your morning routine with the recipes we've put together. If so, we'd love to hear about it. Drop us a line and let us know how you've incorporated more veggies into your morning.

Have a great day!

Loree Dowse



Loree with her oldest son, Colin



Berry and Oats Power Shake

Ingredients

- 1 10-ounce bag Mann's Power Blend
- 2 cups antioxidant blend juice, such as berry & pomegranate
- ½ cup apple juice
- 2 cups mixed frozen berries
- 1 ⅔ cups plain Greek yogurt
- ⅓ cup quick-cooking oats
- ¼ cup honey

Directions

In a blender, combine Power Blend, juices, berries, yogurt, oats and honey; purée until smooth.

Tip: For a nutritious omega-3 boost, add flaxseed oil or ground flaxseed to the smoothie.

Serves 4-6





Cauliflower Hash Browns

Ingredients

- 1 14-oz. package Mann's Cauliettes®
- 1 egg
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 small onion, finely minced
- 1 cup shredded cheddar cheese
- 1/3 cup cottage cheese
- 2/3 cups breadcrumbs



Directions

If using a head of cauliflower, grate, chop or put the cauliflower (including the stem) through a food processor to create shreds or “rice”. Combine the shredded cauliflower or Cauliettes with minced onion, eggs, salt, pepper, garlic powder, cheese, breadcrumbs, and cottage cheese. Form mixture into patties with your hands and place onto wax paper.

Heat 1 tablespoon of olive oil and 1 tablespoon of butter over medium-high heat. Add cauliflower patties to the pan, and press down gently with spatula to flatten. Cook until golden brown, approximately 4-5 minutes per side.

Serves 4



Sweet Potato Ribbon & Chorizo Breakfast Wrap

Ingredients

- 1/2 pound ground chorizo
- 1 tablespoon olive oil
- 1 12-ounce package Mann's Sweet Potato Ribbons
- 1 tablespoon butter
- 4 large eggs
- 4 large tortillas, warmed
- 1/4 cup orange marmalade
- 1 1/3 cups mixed greens



Directions

Cook chorizo in a large skillet on medium heat until brown, about eight minutes. Transfer the cooked chorizo to a bowl. Add olive oil and Sweet Potato Ribbons to the hot skillet. Sauté for ten minutes. Add chorizo back to the skillet and mix with the Sweet Potato Ribbons. Cook for another five minutes or until Sweet Potato Ribbons are soft. Set aside.

To cook eggs, melt butter in a non-stick skillet on medium heat. In a medium-sized bowl, whisk eggs until blended. Add eggs to skillet and stir occasionally until cooked through, about three minutes. To assemble, spread jam over one side of each tortilla. Divide the Sweet Potato Ribbon/chorizo mixture, eggs, and greens evenly between each tortilla. Roll tortillas and serve immediately.

Serves 4



Butternut Squash Pancakes with Yogurt & Maple Syrup

Ingredients

- 1 12-ounce package Mann's Butternut Squash Cubes
- 1 cup all-purpose flour
- 2 tablespoons granulated sugar
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon baking soda
- 1 teaspoon salt
- 1 ¼ cups buttermilk
- 1 egg, lightly beaten
- 3 tablespoons vegetable oil
- ½ cup chopped toasted pecans
- ¼ cup vanilla or plain yogurt
- Maple syrup to serve



Directions

In steamer, steam squash over saucepan of simmering water for 15 to 20 minutes or until tender. Let cool, then pulse in food processor until smooth.

In large bowl, whisk together flour, sugar, baking powder, cinnamon, baking soda and salt. In separate bowl, whisk together buttermilk, egg, 1 tablespoon oil and pureed squash; stir into flour mixture just until combined. Fold in pecans.

Brush large, non-stick skillet with some of the remaining oil; heat over medium heat. Pour scant ¼ cup batter into pan for each pancake; cook for about 2 minutes or until golden brown on the bottom and small bubbles appear on top.

Flip over and cook for about 1 minute or until golden brown and set on the bottom. Repeat with remaining batter and oil. Serve with dollop of yogurt and drizzle of maple syrup.

Serves 4 to 6



Veggie Bacon Skillet

Ingredients

2 tablespoons hot chili oil (ex. Dynasty)
4 eggs
½ cup water
1 tablespoon flour
1 ¼ cup Mann's Power Blend™
2 strips bacon, cooked and chopped
½ teaspoon Salt
2 green onions, white and light green parts thinly sliced
2 tablespoons spicy crema (recipe below)

Directions

In steamer, steam squash over saucepan of simmer. Preheat oven to 350 degrees F.
Warm a 9-inch non-stick skillet (or cast-iron skillet) over medium heat then add chili oil to coat the pan.

In a bowl whisk together eggs, water, and flour until smooth. Add Mann's Power Blend™, bacon and salt; stir to combine.

Pour vegetable-egg mixture into skillet. Cook on one side for 5-6 minutes or until lightly golden brown. Use a rubber spatula to lightly pull away the contents of pan from the sides, flip contents and transfer pan to oven for 15-18 minutes or until eggs are firm set.

Drizzle with spicy crema, sprinkle with green onion, and serve.

Serves 4

Spicy Crema

1 ¼C Mexican crema
¼ TSP Cayenne pepper
2 TB Sriracha sauce

Directions

Combine ingredients in a bowl and mix to blend.

Healthy Breakfast Tips

- Fiber and protein are the most important factors in a healthy breakfast. To get the most vitamins and minerals in the morning, the Mayo Clinic recommends eating a breakfast made up of either whole grains or lean protein, and fruits and vegetables. Consider foods like oatmeal, eggs, peanut butter, or smoothies without added sugar. A healthy breakfast should make you feel more energized throughout the day.
- Breakfast restores glucose levels, an essential carbohydrate that is needed for the brain to function. Studies have shown that eating breakfast can improve memory and concentration levels. It can also make us happier as it can improve mood and lower stress.
- Skipping breakfast may increase a woman's diabetes risk, according to a study published by the American Journal of Clinical Nutrition. Women who ate breakfast an average of zero to six times per week were at a higher risk of developing type 2 diabetes than women who ate breakfast every day.
- Pick up portable breakfast items when you're at the grocery store. Buy foods like fruit, low-fat yogurt, whole grain breakfast bars or granola bars for those mornings when you have to eat breakfast on the go.
- Get up 15 minutes earlier. You can fix and consume a healthy breakfast in 15 minutes or less.

