

THIS MONTH
Be inspired
BY BREAKFAST!



GOOD MORNING MUESLI

SERVES 6

A popular breakfast or snack throughout Switzerland and Germany, muesli is a perfect make-ahead meal for busy mornings.

- 1 cup (250 mL) rolled oats
- 1 large apple, cored and grated
- 1 cup (250 mL) milk or plant-based milk
- 1 cup (250 mL) yogurt or dairy-free yogurt
- 1/2 Tbsp (7 mL) vanilla extract
- 2 Tbsp (30 mL) flaxseeds
- 2 Tbsp (30 mL) chia seeds
- 1/2 cup (125 mL) chopped dried apricots
- 1/4 cup (60 mL) sliced natural almonds
- 1/4 cup (60 mL) raw pumpkin seeds
or sunflower seeds
- 1/4 cup (60 mL) unsweetened
shredded coconut
- 1/2 tsp (2 mL) ground cinnamon
- Pinch of ground nutmeg
- Garnishes, like strawberries,
blueberries, mint or pistachios

In large airtight container, stir together oats, apple, milk, yogurt, vanilla extract, flaxseeds, chia seeds, apricots, almonds, pumpkin or sunflower seeds, coconut, cinnamon and nutmeg until thoroughly combined. Cover container with lid and refrigerate overnight. Muesli may be stored, covered, in refrigerator for up to 3 days.

When ready to serve, divide among serving bowls and top with garnishes.

EACH SERVING CONTAINS: 274 calories; 8 g protein; 14 g total fat (4 g sat. fat, 0 g trans fat); 32 g total carbohydrates (12 g sugars, 8 g fiber); 44 mg sodium

GARDEN GREENS SHAKSHUKA

SERVES 6

It's easy to see why shakshuka is such a popular breakfast item throughout the Middle East, and particularly in Israel—it's endlessly customizable, relatively simple to prepare and delicious.

- 8 cups (2 L) packed mixed chopped greens, like kale, Swiss chard and spinach, divided
- 1 fresh jalapeno, seeded and chopped
- 1 tsp (5 mL) ground cumin
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) ground coriander
- 1/4 cup (60 mL) chopped fresh dill, plus extra for garnish
- 1 cup (250 mL) ice cubes
- 1 Tbsp (15 mL) grapeseed oil or avocado oil
- 1 large leek, trimmed and thinly sliced into half moons
- 1 garlic clove, minced
- 6 large eggs
- 1/2 cup (125 mL) frozen peas or fava beans
- Freshly ground black pepper
- 1/2 tsp (2 mL) crushed red pepper flakes
- 1 Tbsp (15 mL) chopped fresh mint leaves
- 2 Tbsp (30 mL) crumbled feta cheese

Preheat oven to 325 F (170 C).

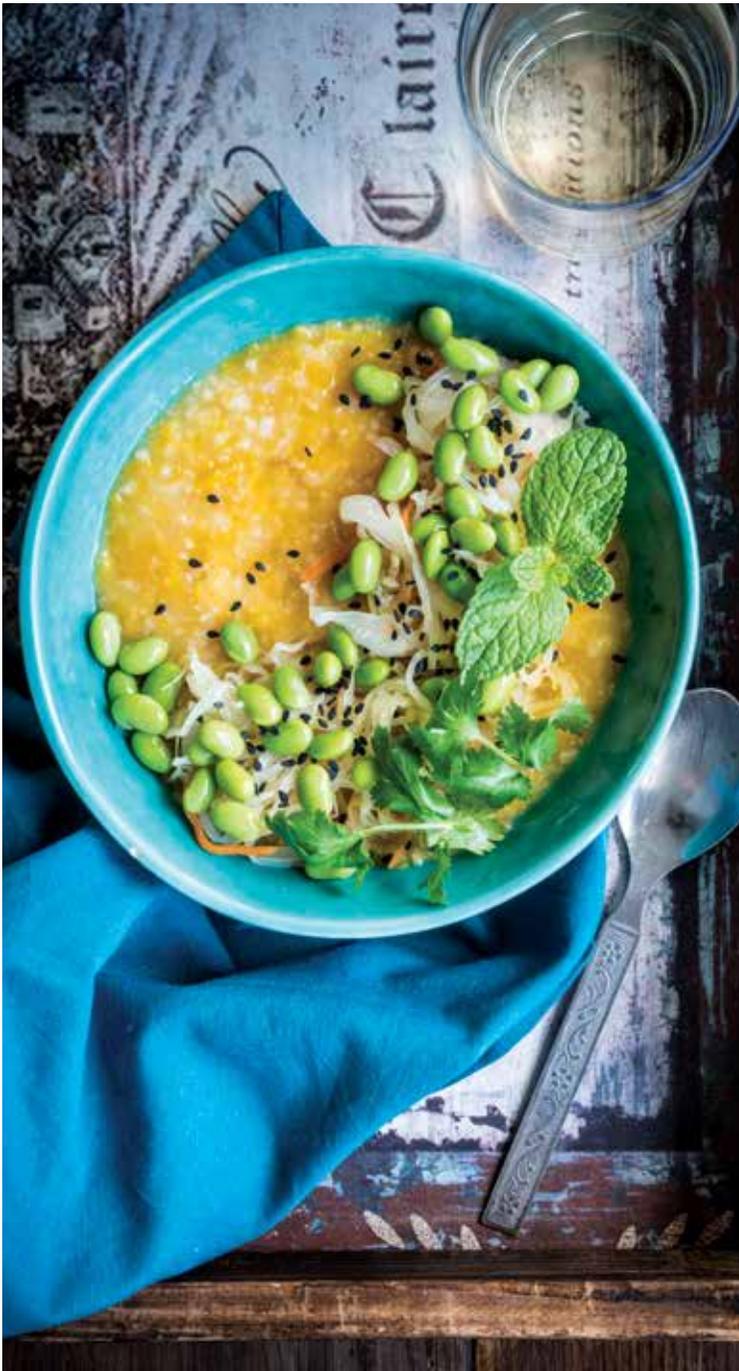
In saucepan of boiling water, blanch 2 cups (500 mL) mixed greens for about 10 seconds. Drain and transfer blanched greens to blender. Add jalapeno, cumin, salt, coriander, dill and ice cubes. Purée until smooth and set aside.

In large ovenproof skillet, heat oil over medium heat. Cook leek, stirring often, until softened, about 5 minutes. Add garlic and continue to cook for another minute. Add remaining chopped greens a handful at a time, letting each addition wilt slightly before adding more. Cook, stirring and tossing often, until all leaves are wilted, about 2 minutes. Stir in purée and use wooden spoon to create 6 small wells in mixture. Crack an egg into each well. Sprinkle peas or fava beans over dish before transferring to oven, and bake until eggs are just set, about 15 to 20 minutes.

Garnish with red pepper flakes, mint, feta cheese and extra dill sprigs. Serve with warm pita or other flatbread.

EACH SERVING CONTAINS: 148 calories; 10 g protein; 8 g total fat (2 g sat. fat, 0 g trans fat); 10 g total carbohydrates (2 g sugars, 2 g fiber); 562 mg sodium





SUNRISE CONGEE

SERVES 4

This hearty and warming rice porridge dish is popular in many Asian countries.

- 1/3 cup (80 mL) long grain white rice
- 1/2 Tbsp (7 mL) grapeseed oil
- 12 oz (340 g) butternut squash, peeled and grated, about 4 cups (1 L) loosely packed
- 4 cups (1 L) low-sodium or homemade vegetable stock
- 1 cup (250 mL) water
- 1 1/2 tsp (7 mL) fish sauce
- 1/4 tsp (1 mL) ground white pepper
- 1 tsp (5 mL) maple syrup
- 1/2 cup (125 mL) kimchi
- 1/3 cup (80 mL) cooked, shelled edamame beans
- Fresh Thai basil leaves and fresh cilantro leaves, for garnish
- 2 tsp (10 mL) black sesame seeds, for garnish

In fine-mesh strainer, place rice and rinse well under cold water until water runs clear, about 30 seconds. Transfer rice grains to food processor and pulse until finely chopped.

In medium saucepan, heat oil over medium heat. Add rice and grated squash. Cook, stirring often, for 2 minutes. Add stock, water and fish sauce, and allow mixture to come to a boil. Reduce heat to medium-low, partially cover with lid and let simmer, stirring occasionally until congee is creamy, about 90 minutes. Stir in white pepper and maple syrup.

Divide warm congee among 4 serving bowls before topping with kimchi, edamame, Thai basil, cilantro and a sprinkle of sesame seeds. Enjoy while warm.

EACH SERVING CONTAINS: 166 calories; 4 g protein; 3 g total fat (0 g sat. fat, 0 g trans fat); 31 g total carbohydrates (8 g sugars, 3 g fiber); 435 mg sodium



2 TO 3

servings of leafy green vegetables are what we should aim for each week, according to some studies. Leafy greens like kale, collard greens, Swiss chard and spinach are high in many nutrients, including iron and vitamins A, C and K. Try them sautéed with garlic, blended in a smoothie, tossed into salads or added to soups and stews. Delicious!

15

minutes of walking per day, during lunchtime at work, enhanced the well-being of workers in a recent study. The employees who exercised midday experienced less fatigue and better concentration during the afternoon. Why not take some time out of your day for a true break (not scrolling through social media at your desk) and add a brisk walk to your lunchtime routine?

3

grams of fiber is considered an adequate amount per serving of breakfast cereal. More fiber is even better! When reading labels on breakfast cereals, aim for high fiber and low sugar—a combination that will likely give you the best health benefits and keep you full for longer. Be wary of cereals marketed to children, which are often high in sugar.



1 TO 2

hours before bed, take a bath for a better night's sleep. According to a recent review of studies, taking a bath in warm water an hour or two before bedtime is associated with a more restful sleep. It may also help you fall asleep faster! Feel free to add a bath bomb or bath oils for an even more relaxing experience.



182

older adults participated in a new study on exercise and Alzheimer's disease. The researchers found beneficial effects of physical exercise—with the most benefits seen for those who took 8,900 steps on average. To determine your own step count, use a pedometer or an app on your smartphone. Many sources suggest aiming for 10,000 steps per day.