

My Favorite Breakfasts



Blueberry Pancakes

MAKES 6 TO 8 PANCAKES

Pancakes from scratch are so easy to make there is no need to buy a packaged mix. If you can't afford a down payment on fresh blueberries you can substitute other fruits like chopped apples or bananas, or even use frozen berries. Just rinse frozen berries and pat them dry, then sprinkle them on the pancakes while they're cooking but before you flip them over. I make pancakes every weekend, so I bought a nonstick electric griddle (no greasing necessary), and now I can make all the pancakes at once so they can be served hot. If your griddle is smaller, you can cook them in smaller batches and keep them warm in a 200°F oven. The secret to fluffy pancakes is not to overmix.

1 cup all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
Pinch of salt
1 cup low-fat buttermilk
1 large egg
2 tablespoons canola oil
1 cup fresh blueberries,
washed and patted dry

Start-to-Finish

20 minutes

Do I Have What It Takes?

You'll need a nonstick pancake griddle or a large nonstick pan.

Shopping List

all-purpose flour ■ baking powder ■ baking soda ■ buttermilk ■ egg ■ canola oil ■ blueberries

- 1 Preheat a nonstick electric griddle to 375°F or a large nonstick skillet on the stove over medium-high heat.
- 2 In a large bowl sift together the flour, baking powder, baking soda, and salt. In another bowl, or right in the measuring cup, whisk together the buttermilk, egg, and oil.
- 3 Make a well in the flour mixture and pour in the buttermilk mixture all at once. Gently stir together until barely moistened and still lumpy. Do not beat. Gently fold in the blueberries. A spatula or a “spoonula” is great for all this mixing.
- 4 Using about 1/4 cup of batter for each pancake, pour onto the ungreased griddle, leaving room for them to spread. Cook until tiny bubbles form on top and the edges are dry, about 3 minutes, and then turn once and cook for another 3 minutes. Serve hot.

Health Benefits

Blueberries are the new antiaging heroes. They are sometimes called “brain food” because they can help your memory, and protect against Alzheimer’s and senility. They may protect against cardiovascular disease, cancer, diabetes, macular degeneration, and cataracts. They can also strengthen your immune system, urinary tract, and bones as well as improve your skin.



I picked up this pretty turquoise plate specifically for my blueberry pancake photo, and the cloth was from the remnants section of a fabric store.

I had to work fast on this picture to avoid having too much syrup on the plate. Luckily, the first few shots worked and resulted in one of my favorite photos in this book.

Apple Brancakes

MAKES 6 TO 8 PANCAKES

These are so good they don't even need syrup. You can find unprocessed wheat bran at the health food store, sometimes called Miller's bran. I like Granny Smith apples for pancakes but you can also use Gala or another tart apple. You'll need one medium apple. A nonstick griddle is best because you don't need to grease it with oil or butter, just drop the cakes right on it. The secret to fluffy pancakes is not to overmix . . . no electric beaters, for sure. Stir by hand, just until it's all incorporated and use the batter right away or let it stand for up to 30 minutes. A "spoonula" works great for stirring pancake batter.

$\frac{2}{3}$ cup all-purpose flour
 $\frac{1}{3}$ cup whole-grain pastry flour
2 teaspoons sugar
 $1\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{4}$ cup wheat bran
 $1\frac{1}{4}$ cups low-fat buttermilk
1 large egg
1 tablespoon canola oil
1 cup peeled and cored, finely diced apple (about $\frac{1}{4}$ -inch dice)

Start-to-Finish

15 minutes

Do I Have What It Takes?

You'll need a nonstick pancake griddle or a large nonstick skillet.

- 1 Preheat a nonstick griddle to 375°F or preheat a large nonstick skillet over medium-high heat.
- 2 In a large bowl, sift together the all-purpose flour, whole-grain flour, sugar, baking powder, baking soda, and salt. Stir in the wheat bran.
- 3 In another bowl, whisk together the buttermilk, egg, and oil. Add the buttermilk mixture to the flour mixture all at once, stirring just until moistened. The batter should be lumpy. Gently fold in the apples.
- 4 Pour about $\frac{1}{4}$ cup of batter per pancake onto the griddle and cook for about 3 minutes. Turn once after bubbles appear on the top and cook another 2 to 3 minutes. Serve hot.

Health Benefits

Fiber is the winner here, which is key to a healthy colon. Besides fiber, apples also contain pectin, which lowers cholesterol, and may protect against blood clots and cancer.

Shopping List

- all-purpose flour
- whole-grain pastry flour
- sugar
- baking powder
- baking soda
- wheat bran
- buttermilk
- egg
- canola oil
- apple



This may look like an easy picture to get. . . just pancakes on a plate, right?

Not so, my friends. To get the butter melting just so, dripping down just so, was quite an accomplishment for me especially since I only had about three minutes before the butter was all gone.

Scrambled Eggs that Rock

MAKES 2 SERVINGS

This is one of my favorite breakfasts. It's a complete meal with a lot of nutritional goodness. Chop the vegetables in fairly big chunks so they stay firm. You can use any color (or mixture) of bell peppers, and for the chile I used a mild Anaheim pepper but you can use a hotter one like jalapeño. The best potato would be a red skin, new potato, or Yukon gold. You can steam, boil, or bake them in advance, unless you have some left over. Whenever I boil potatoes for potato salad I throw in a couple of extra ones to save just so I can make this breakfast. My mother always kept boiled potatoes in the fridge and would eat them as a snack with a little mayo. Actually, it was a lot of mayo.

1 medium potato
1 teaspoon unsalted butter
1 teaspoon canola oil
1 cup coarsely chopped onion (1 small onion)
1 cup coarsely chopped red bell pepper
1/4 cup thick-sliced chile pepper (see Headnote)
4 large eggs
2 tablespoons 1% low-fat milk
1/2 teaspoon salt
Black pepper to taste

Start-to-Finish

20 minutes

Do I Have What It Takes?

No special equipment is needed.

- 1 Scrub the potato or peel if desired. Cut it into 1-inch chunks and steam or boil for about 5 minutes. Set aside.
- 2 In a large skillet over medium heat, add the butter and oil. Add the onion and cook, stirring, until golden and translucent, 2 to 3 minutes. Add the cooked potato, bell pepper, and chile pepper and cook, stirring, until the potatoes are nicely browned, about 5 minutes.
- 3 While the vegetables are cooking, in a small bowl combine the eggs, milk, salt, and pepper.
- 4 Reduce the heat to low and push the vegetable mixture to one side of the skillet. Add the egg mixture and cook separately for 1 minute. Stir in the vegetables and cook until the eggs are done, 1 to 2 minutes more.



Kitchen Tip

How to Tell a Hard-Boiled Egg from a Raw One

Spin the egg on a table. The hard-boiled egg will spin quickly, but the raw one will wobble slowly.

Health Benefits

Eggs are an excellent source of protein, which supports everything from your brain, muscles, heart, and blood, right down to your hair, nails, and skin. Onions can protect you from cancer, heart disease, stroke, and memory loss, as well as help fight infection. The peppers can also protect against heart disease and cancer as well as memory loss and macular degeneration. Peppers are reported to slow the aging process and strengthen the urinary tract and immune system. They help to burn fat.

Shopping List

- potato
- unsalted butter
- canola oil
- onion
- red pepper
- chile pepper
- eggs
- milk



I chose a minimalist style for this photo with my own dinner plate from home and a fork from an antique mall in Sherman Oaks, California. The nicely browned potatoes just prove that you can brown foods in a nonstick pan.

Whole-Grain Waffles with Berries

MAKES ABOUT 6 WAFFLES

Not all whole-grain pastry flours are the same, so look for one that has a fine grain. And not all waffle makers are the same, so adjust the amount of batter you use for each waffle accordingly. I'm not a big fan of cooking sprays but if you need to grease your waffle maker, it makes the job easy. Here is how I eat my three waffles: First waffle—real maple syrup. Second waffle—a mountain of berries on top. Third waffle—a scoop of low-fat vanilla yogurt and a mountain of berries on top. After the third waffle, I go for a walk.

1¹/₄ cups whole-grain pastry flour
1¹/₂ teaspoons baking powder
1/2 teaspoon baking soda
1/8 teaspoon salt
2 large eggs, separated
1 cup low-fat buttermilk
2 tablespoons canola oil
1/2 cup sliced raw almonds (optional)
2 cups fresh berries

Start-to-Finish

20 minutes

Do I Have What It Takes?

You'll need an electric waffle maker—they make great Christmas presents.

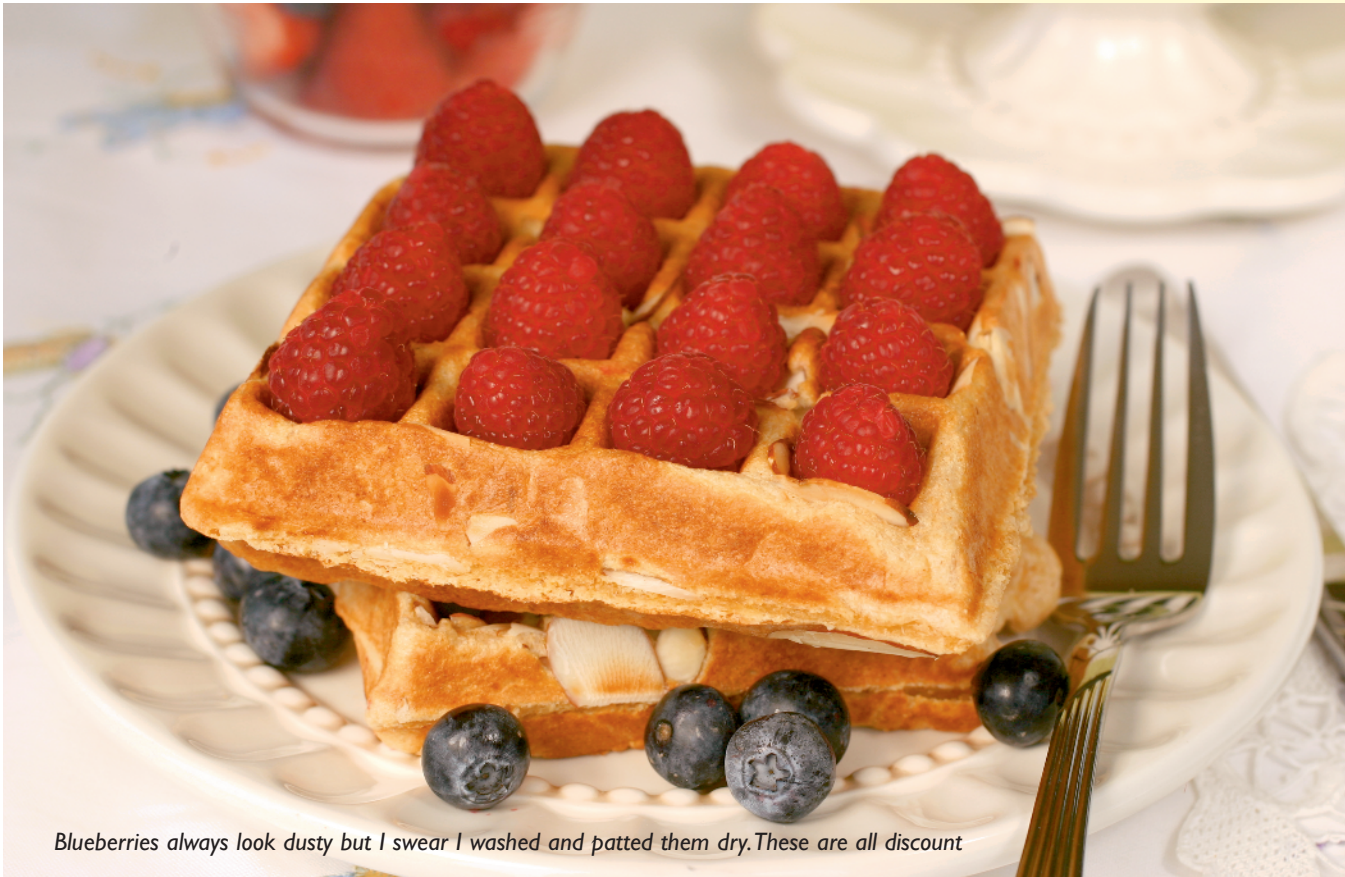
- 1 Preheat a waffle maker and grease it with cooking spray, if necessary.
- 2 Into a large bowl, sift the flour, baking powder, baking soda, and salt.
- 3 In a small bowl, beat the egg whites with an electric hand mixer until they hold stiff peaks, reserving the egg yolks.
- 4 In a small bowl or measuring cup, combine the buttermilk, oil, and egg yolks and gently stir it into the flour mixture until just combined, stirring by hand. Gently fold in the egg whites. If a few lumps of egg white remain that's okay; just don't overmix and no electric mixers, please!
- 5 Pour about 1/2 cup of batter per waffle on your preheated grids, and quickly top each one with 1¹/₂ tablespoons of sliced almonds. Close the lid and bake until the steaming stops, about 5 minutes. Do not open the lid until they're done. Serve with fresh berries.

Health Benefits

Whole-grain flour provides fiber to help prevent constipation. Fiber can also help with weight loss and may protect you from heart disease, colon cancer, diverticulitis, and stroke. Almonds provide heart-healthy fat that is believed to protect against heart disease and diabetes. Berries may help fight cancer, heart and eye disease, urinary tract infection, and memory loss. Berries may also boost your immune system and help prevent diabetes, senility, and Alzheimer's. Blueberries have also been called brain food.

Shopping List

- whole-grain pastry flour
- baking powder
- baking soda
- eggs
- buttermilk
- canola oil
- sliced almonds
- fresh berries



Blueberries always look dusty but I swear I washed and patted them dry. These are all discount

store dishes with a yard of fabric for my tablecloth. After I placed the raspberries, I realized that

with the two colors of berries this breakfast could also serve as a quick game of tic-tac-toe.

Four-Grain Pancakes

MAKES 8 TO 10 PANCAKES

Whole grains and fiber are vital to good health and here's a great way to eat them. Heck, you can call these Five-Grain Pancakes by mixing some rye flour in with the buckwheat, as long as it totals $\frac{1}{4}$ cup. If you use a nonstick pan you won't need any butter or oil for greasing. I cook all my pancakes on a dry, nonstick griddle. If yours is not nonstick just rub a stick of butter over it for a light greasing. I find that having six or eight pancakes on the griddle makes it cool down quickly, which is why I raise the temperature as soon as I pour the batter. This maintains the initial temperature for faster cooking.

$\frac{1}{2}$ cup whole-grain pastry flour
 $\frac{1}{2}$ cup regular rolled oats, not instant
 $\frac{1}{4}$ cup buckwheat flour
 $\frac{1}{4}$ cup stone-ground yellow cornmeal
1 tablespoon sugar
1 $\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{8}$ teaspoon salt
1 $\frac{1}{2}$ cups low-fat buttermilk
1 large egg
2 tablespoons canola oil

Start-to-Finish

30 minutes

Do I Have What It Takes?

You'll need a pancake griddle or a large skillet.

- 1 Preheat a nonstick electric griddle to 375°F or a large nonstick skillet on the stove over medium-high heat.
- 2 In a large bowl, combine the whole-grain pastry flour, oats, buckwheat flour, cornmeal, sugar, baking powder, baking soda, and salt. Stir well to combine evenly.
- 3 In a smaller bowl, whisk together the buttermilk, egg, and oil. Add the buttermilk mixture to the flour mixture all at once, gently stirring until well blended. Let stand for 5 minutes to soften the grains.
- 4 Pour about $\frac{1}{3}$ cup batter per pancake onto the hot griddle. Raise the griddle temperature to 400°F, or the stove temperature up a little higher and cook for about 2 minutes per side, turning once when the pancakes have little bubbles on the top and the edges are dry. Serve hot with maple syrup or honey.

Health Benefits

Oats keep your cholesterol and blood sugar in check and may also protect your immune system, bones, and heart. Whole grains can help prevent obesity, diabetes, high blood pressure, heart disease, and cancer.

Shopping List

whole-grain pastry flour ■
oats ■ buckwheat flour ■
stone-ground yellow
cornmeal ■ sugar ■ baking
powder ■ baking soda ■
buttermilk ■ egg ■ canola
oil



I found this beaded place mat at a T.J. Maxx store in the suburbs of Chicago, and the breakfast plate at Ace Hardware. These pancakes may look overdone but they're not. Whole grain always looks darker.

Superfood Scramble

MAKES 2 SERVINGS

I've never been good at omelettes but I can scramble eggs like a big girl. There are tons of things you can mix into scrambled eggs, such as red pepper, broccoli, asparagus, greens, steak, ham, salmon, tomatoes, etc., but spinach is just about the ultimate superfood. Of course you can use 2 eggs and 3 or 4 whites, or even all egg whites. Mushrooms are better wiped or brushed clean rather than washed.

4 large eggs
2 tablespoons 1% low-fat milk
1/4 teaspoon salt
Black pepper to taste
1 teaspoon unsalted butter
1/4 cup diced onion
1 cup sliced mushrooms (1/8 inch thick)
Half of a 6-ounce bag of baby spinach

Start-to-Finish

20 minutes

Do I Have What It Takes?

No special equipment is needed.

Shopping List

eggs ■ milk ■ unsalted butter ■ onion ■ mushrooms ■ spinach

- 1 In a small bowl, combine the eggs, milk, salt, and pepper. Set aside.
- 2 In a large pan over medium heat, melt the butter. Add the onion and cook, stirring, for about 1 minute. Add the mushrooms and cook, stirring, until the mushrooms are soft, about 2 minutes. Add the spinach and cook, stirring, just until the spinach is wilted, about 2 minutes longer.
- 3 Remove the pan from the heat and push the spinach mixture to one side of the pan. Pour in the egg mixture, stir, and cook for a minute. Stir everything together and continue cooking until the eggs are done, about 2 minutes. Finish over low heat if the eggs aren't cooked through.

Kitchen Tip

For Perfect Hard-Boiled Eggs

Put eggs into a saucepan and cover with cold water. Bring to a full boil, then remove from heat and cover. Let stand for 17 minutes. Drain and run cold water over the eggs for a minute to make them easier to peel. That's it. No green stuff around the yolk. Perfect hard-boiled eggs every time.

Health Benefits

Spinach does so much: It can protect your eyes from cataracts and macular degeneration and the rest of you from heart disease, stroke, and cancer. It may also prevent birth defects, osteoporosis, and aging of the brain and is even good for your skin. Mushrooms are reported to boost the immune system.



Boy did this smell good while I was taking the picture. My tablecloth is some leftover fabric from a pillow I made and the plate was a “second” I found on sale. And if you look throughout this book you’ll find that same fork in about eight different pictures.

Dutch Baby

MAKES 2 SERVINGS

Here's a fantastic way to add fresh fruit to your breakfast. You can serve this beautiful wavy pancake with just about any fruit—strawberries, blueberries, peaches, raspberries, bananas, papaya, mangoes, pineapples, or whatever is in season. Now here's the thing: Everyone should be seated and ready with a bowl of fresh fruit when the pancake is done because it doesn't stay poofy for long. And be careful handling the very hot pan. . . it's easy to forget and grab the handle with your bare hand. The batter can be made ahead and refrigerated. To dust it with powdered sugar just put the sugar in a sifter or sieve and lightly tap over the pancake.

1 cup 1% low-fat milk
3 large eggs
2 tablespoons sugar
1/4 teaspoon salt
Pinch of nutmeg
1 cup all-purpose flour
1 teaspoon unsalted butter,
for greasing pan
1 tablespoon powdered
sugar, for garnish
Fresh fruit, for serving (see
Headnote)

Start-to-Finish:

Once the oven is preheated,
20 minutes

Do I Have What It Takes?

You'll need a 10-inch cast-
iron skillet and a thick oven
mitt.

- 1 Place a 10-inch cast-iron skillet in the oven and preheat the oven to 425°F.
- 2 In a medium bowl, whisk together the milk, eggs, sugar, salt, and nutmeg until well blended. Add the flour and whisk until well blended and smooth, about 30 seconds.
- 3 Carefully remove the hot pan from the oven and swirl the butter around the inside, then quickly add the batter. Return immediately to the oven and bake for about 15 minutes, or until the edges are golden.
- 4 Carefully slide the pancake onto a large serving plate, lifting the edges with a metal spatula. Dust with powdered sugar, cut into wedges, serve immediately, and top with fruit at the table.

Health Benefits

As pictured (with blueberries, raspberries, papaya, and banana), the benefits are huge. With raspberries and blueberries you may get protection against cardiovascular disease, cancer, diabetes, senility, macular degeneration, cataracts, and Alzheimer's, as well as a healthier urinary tract and improved skin. Choose papaya and you could lower your blood pressure and cholesterol as well as ease your arthritis, bronchitis, and asthma. Bananas are good defenders against hypertension, high cholesterol, and heart disease.

Shopping List

milk ■ eggs ■ sugar ■
nutmeg ■ flour ■ unsalted
butter ■ powdered sugar
■ fresh fruit (banana,
blueberries, raspberries,
papaya)



Lights! Camera! Potholders! These poofy pancakes lose some of their poof quickly, so I literally ran with it to my photo table to immediately grab a

picture. I had to get it right the first time because after about two minutes, it was flat as a . . . well, you know.

Extreme Oatmeal

MAKES 2 SERVINGS

Got five minutes? That's about all it takes to lower your cholesterol. If you're tired of the instant one-minute Spackle disguised as oatmeal, then try this easy and oh-so-nutritious breakfast. It's great with added milk, brown sugar, or fruit like bananas or berries. When cooking oatmeal I recommend not abandoning your post. Stay at the stove because if it spills over it makes a big mess, and eating breakfast while under stress is not recommended.

2 cups water
Pinch of salt
1 cup regular oats, not instant
1/3 cup oat bran

Start-to-Finish

7 minutes

Do I Have What It Takes?

A saucepan is all you need.

Shopping List

oats ■ oat bran

- 1 In a medium saucepan, bring the water and salt to a boil.
- 2 Stir in the oats and oat bran and once the mixture boils, reduce the heat to low. Cook uncovered, stirring regularly, for about 5 minutes.

Health Benefits

Oats, and especially oat bran, are proven to lower cholesterol and stabilize blood sugar, and are recommended for diabetics. Oats may also help protect against colon cancer and heart disease and the fiber can help with weight loss.