

EYE-OPENING OATS

Healthful whole-grain breakfasts

Breakfast is too important a meal to get lost in the get-ready-for-work (or school) shuffle. These two oat recipes show how you can squeeze a special-tasting homemade meal into your busy morning: one is a fix-up for cooked oatmeal, the other is a dry mix to keep on hand.

BANANA-BLUEBERRY MUESLI

Muesli, German for "mixture," is a cereal blend that typically contains cereals and dried fruits—

- 1/3 cup regular rolled oats
- 1 3-oz. carton blueberry or spiced apple yogurt
- 3/4 cup granola
- 1 medium banana, sliced (3/4 cup)
- 1/3 cup raisins or dried fruit bits

Milk (optional)

The night before: Cook oats according to package directions. Cover and chill overnight.

For 4 breakfast servings: Stir blueberry or apple yogurt into chilled oatmeal. Reserve 1/4 cup of the granola for the topping; set aside. Fold remaining granola, banana, and raisins or dried fruit into the yogurt-oatmeal mixture. Spoon the mixture into 4 cereal bowls. Top *each* serving with 1 tablespoon of the reserved granola. If desired, pass milk with cereal. Makes 4 servings.

Nutrition information per serving: 244 cal., 5 g fat, 3 mg chol., 6 g pro., 47 g carbo., 77 mg sodium, 4 g fiber. U.S. RDA: 14% calcium, 18% thiamine, 15% riboflavin.

CRANBERRY-ALMOND CEREAL MIX

On cold mornings, let this spiced oat cereal warm you from the inside out—

- 1 cup regular rolled oats
- 1 cup quick-cooking barley



For a cold cereal, try Banana-Blueberry Muesli (left). If you prefer hot, dig into Cranberry-Almond Cereal Mix (right).

- 1 cup bulgur or cracked wheat
 - 1 cup dried cranberries or snipped dried apricots
 - 1/2 cup toasted sliced almonds
 - 1/3 cup sugar
 - 1 Tbsp. ground cinnamon
 - 1/4 tsp. salt
- Milk (optional)

Up to 6 months ahead: In an airtight storage container stir together oats, barley, bulgur or cracked wheat, cranberries or apricots, almonds, sugar, cinnamon, and salt. Cover tightly and store in a cool, dry place for up to 6 months. Makes about 4 2/3 cups mix (7 servings).

For 2 breakfast servings: In a small saucepan bring 1 1/3 cups water to boiling. Stir mix; add 2/3 cup of the

cereal mix to the boiling water. Reduce heat; cover and simmer for 12 to 15 minutes or till cereal reaches desired consistency. If desired, serve with milk.

For 1 breakfast serving: Stir mix. In a large microwave-safe cereal bowl, combine 3/4 cup water and 1/3 cup cereal mix. Micro-cook, uncovered, on 50% power (medium) for 9 to 11 minutes or till cereal reaches desired consistency, stirring once during cooking. Stir before serving. If desired, serve with milk.

Nutrition information per serving: 300 cal., 5 g fat, 0 mg chol., 9 g pro., 62 g carbo., 83 mg sodium, 10 g fiber. U.S. RDA: 15% iron, 17% vit. A, 18% thiamine, 10% riboflavin, 18% niacin. ☞