

Nutrition News



HOLIDAY BREAKFAST RECIPES

Applesauce Pancakes

- 1 cup flour
- 1/4 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1 tablespoon oil
- 1/2 cup milk
- 1 beaten egg
- 1/2 teaspoon vanilla
- 1 1/4 cups applesauce



Sift flour, salt and baking powder into a mixing bowl.

Mix together butter, oil

and egg; then stir into the dry ingredients. Add the vanilla and applesauce and mix well.

Spoon 1/4 cup of the batter into a hot frying pan sprayed with cooking spray.

Cook until bubbles appear on surface of the pancake. Flip and cook another minute.

Serves 3-4.

Skillet Breakfast

- 2 1/2 cups grated potatoes (about 3 medium potatoes)
- 2 Tablespoons oil
- 6 eggs
- 3 tablespoons milk
- 1 cup diced ham
- Add salt and pepper
- 1/4 grated cheese

Peel and grate the potatoes. Place oil in frying pan and heat. Add grated potatoes.

Cook for 8 to 10 minutes.

In a small mixing bowl, mix the eggs and milk together. Once potatoes are cooked add egg-milk mixture and sprinkle with ham.

Stir until eggs are cooked. Sprinkle with cheese.

Serves 4-5.



Breastfeeding Moms Need Breakfast Too!

Breastfeeding moms need to have a nutritious breakfast to keep up their energy and milk supply. Be sure to include a source of protein, grain and fruit and/or vegetable. Try the recipe below and serve with fresh fruit.

Happy Face Egg

- 1 Slice of Bread
- 1 Egg
- 3 Tablespoons Milk



2 Tablespoon grated cheese

Cut out circles for eyes and a curved opening for a mouth in the slice of bread.

Butter one side of bread and put in a heated frying pan, buttered side down.

As bread heats, scramble the egg and milk together.

Pour scrambled egg mixture over the bread. Flip when the egg becomes firm.

Cook for another 5 minutes until set.

Sprinkle the grated cheese above the eyes to make "hair" for your Happy Face. Serves 1

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Any Questions?

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