

Breakfast Pears

1 can (16 ounces) pear halves
2 Tbsp. Maple-flavored syrup
2 tsp. Lemon juice
1 ½ tsp butter or margarine
¼ tsp. Ground nutmeg
Cooked Oatmeal (optional)
1 cup low fat vanilla yogurt
(optional)

To Microwave: Drain pears; place cut sides up in 8-inch square microwave-safe dish. Drizzle with syrup and nutmeg. Cover with waxed paper and microwave on high power 2 to 3 minutes. Baste with juice. Serve warm or cold over oatmeal or with yogurt.

Makes 4 servings

Per Serving:

Calories: 88
Fat: 1.5 grams
Protein: 0.03gram
Carbohydrates: 19 grams
Fiber: 1.0 gram
Sugar: 15 grams
Cholesterol: 0mg
Sodium: 34 mg

Banagel

2 whole wheat or plain bagels
½ package (3 oz.) light cream cheese,
softened
2 tablespoons strawberry or other fruit
jam
½ cup Seedless or Golden Raisins
1 medium Banana, sliced

1. Cut bagels horizontally in half. Spread cream cheese and jam evenly over bagel halves. Sprinkle bottom half of bagels with raisins.
2. Arrange banana slices over raisins; top with remaining bagel halves.

Makes 2 servings

Per serving:

Calories: 480
Fat: 7 grams
Protein: 12 grams
Carbohydrates: 95 grams
Fiber: 5 gram
Sugar: 39 grams
Cholesterol: 47 mg
Sodium: 516 mg



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Island Shake

1 medium, ripe Banana
1 ripe Mango, cubed
1 cup Pineapple Juice
½ cup low fat peach yogurt
½ cup ice cubes
½ teaspoon finely grated lemon peel

1. Combine banana, mango, pineapple juice, yogurt, ice and lemon peel in blender or food processor container.
2. Cover; blend until thick and smooth. Garnish with orange wedge and banana slice, if desired.

Makes 3 servings

Per Serving:

Calories: 163
Fat: 1 gram
Protein: 3 grams
Carbohydrates: 39 grams
Fiber: 2 grams
Sugar: 33 grams
Cholesterol: 2 mg
Sodium: 27 mg



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