

A perfect day...



Kim Danielson

My perfect day starts out with getting up early, well rested and having the time to enjoy a nourishing breakfast *before* I leave the house. I am fortunate that most of my mornings start out this way. There are exceptions, however, and some mornings I

am en route with breakfast in hand.

We all know the importance of eating a nourishing breakfast, and just a little planning ahead is the key.

I know what I will be having for breakfast before I go to bed in the evening. Yes, I have been told on more than one occasion that I am preoccupied with food. I see nothing wrong with this. I like to know what I will be waking up to...and look forward to it. Knowing in advance what I will be consuming for breakfast the next day allows my dreams to pursue something else (yes, I dream about food, too).

Getting the ingredients ready the night before or just setting them together in the refrigerator makes it easier in the

morning.

Having a varied arsenal of breakfast ideas is the best way to beat the breakfast blues and keep everybody in the family interested. Some people have a preference for particular foods in the morning. I like pretty much like everything, but I have a particular fondness for huevos rancheros (a corn tortilla with eggs and fresh pico de gallo), muesli and green smoothies (not all in the same morning)! I know that I need some protein in the morning to maintain a high energy level and have been known to eat leftover beans and rice for breakfast, which are really good and satisfying. Try it. Below are some breakfasts that I have enjoyed at home and on the fly:

Eggs

Option 1: Scrambled eggs in coconut oil are simple and good.

Option 2: Sauté chopped yellow onion and add chopped Lacinato kale, cover and steam until wilted, then add a few eggs. Cook covered until eggs are done to your liking. Or, add one bunch of chopped fresh parsley and chives to the scrambled egg mixture.

Option 3: Hard cook organic brown eggs. When they are cool enough to handle, draw faces on them with a fine point permanent pen. Leave them in the refrigerator. **THEY WILL DISAPPEAR.** These are a great breakfast snack. My mother did this when we were kids and I did it when our son was younger. (Actually, just last week we had some fun with these at Babycakes).

Rolled Oats

Option 1: Try mixing plain yogurt with uncooked rolled oats, chopped apple, walnuts, dried dates and a sprinkle of cinnamon, or leave out the cinnamon and add some maple syrup (or add both). Let it set in the refrigerator covered over night. The next morning, add additional yogurt if the mixture seems too dry and top with fresh fruit such as sliced bananas or berries.

Option 2: Mix together uncooked rolled oats, whey protein powder, ground flax seeds, raw chopped almonds and cinnamon. Scoop several tablespoons of this mixture into a mug and add boiling water and stir. It makes an oat slurry that you can drink, and it is very satisfying, especially in the winter (or this year in June!). This is a great mixture to take backpacking too.

Smoothies

I have used either whey protein, yogurt or fruit juice with various other fruits for smoothies. Any combination of fresh seasonal fruit that you find appealing is a good one to have as a smoothie. I now have a new favorite that you could try: a small bunch of Lacinato kale with ribs removed, one quarter of a fresh pineapple, one inch stem of chopped fresh ginger, a few leaves of fresh mint and a banana with enough water to emulsify the ingredients in a blender. I like a smoothie that has the consistency of fresh orange juice with pulp. This one is really good, makes enough to serve two and is the prettiest shade of green (my favorite!). I'm thinking I might paint my kitchen this color...

Organic Free Trade Coffee
Fresh Fruit Cup
Vegan Options
Whole Grain Breads
Delectable Desserts
Fresh Fruit Smoothies
Wheat Free / Gluten Free
Organic Salads
Unique Soups & Sandwiches

Babycakes
MUFFIN COMPANY

223 W. Washington St.
Downtown Marquette



Open Mon-Fri. 6 a.m.-6 p.m., Sat. 7 a.m.-6 p.m.
www.babycakesmuffincompany.com • 226-7744