

# *Breakfast*



**Original Yoghurt**

# Peach French Toast Bake



## *Ingredients*

- *1-1/2 cups Freanna Plain Yoghurt*
- *Cooking spray*
- *1 large whole-wheat baguette (about 8 oz.)*
- *4 large eggs 4 large egg whites*
- *1 cup nonfat milk*
- *1 tsp. vanilla extract*
- *5 cups frozen unsweetened sliced peaches, thawed*
- *2 tbs. firmly packed brown sugar*
- *1/4 tsp. ground cinnamon*
- *3/4 cup pure maple syrup (optional)*

## Directions

1. Coat a 9 x 13-inch baking pan with cooking spray. Cut the baguette into 1/2-inch-thick slices and arrange them in a single layer in the pan.
2. In a medium bowl, whisk together the whole eggs, egg whites, milk and vanilla. Pour the egg mixture over the bread in the pan.
3. If using fresh peaches, peel them or blanch them to get the skin off. Slice the peaches and then toss with lemon juice to prevent them from turning brown.
4. Scatter the peach slices evenly over the bread. Sprinkle with the brown sugar and cinnamon. Cover with plastic wrap and refrigerate overnight.
5. Preheat the oven to 350 degrees. Uncover and bake until it's slightly puffed and the bread is golden brown, about 40 minutes. Top with yogurt or drizzle with maple syrup, if desired.



# Fluffy, Yoghurt Scrambled Eggs



## *Ingredients*

- *1 1/2 cups Freanna Plain Yoghurt*
- *6 eggs*
- *1/2 tsp. sea salt*
- *2 tbs. butter*

## **Directions**

1. In a bowl, stir together eggs, yogurt and salt.
2. In a skillet over low heat, melt butter; add egg-mixture.
3. As the eggs begin to thicken, use a spatula to turn them over gently. Do not stir. Be careful not to overcook. 1 or 2 minutes is usually long enough; eggs should still appear moist.

# Yoghurt Blueberry Muffins



## *Ingredients*

- *1 cup Freanna Plain Yoghurt*
- *1 cup oat bran*
- *1 cup flour*
- *1/4 cup brown sugar (packed)*
- *2 tsp. baking powder*
- *2 egg whites (or 1 egg)*
- *1/4 cup skim milk*
- *1/4 cup honey*
- *2 tbs. vegetable oil*
- *1/2 cup blueberries, fresh or frozen*

## **Directions**

1. Combine oat bran, flour, brown sugar and baking powder.
2. Add combined yogurt, egg, skim milk, honey and oil mixing just until moistened.
3. Fold in blueberries.
4. Fill muffin cups almost full.
5. Bake at 400 degrees for 18 to 20 minutes.



# Banana- Raisin French Toast

## *Ingredients*

- *1/4 cup Freanna Plain Yoghurt*
- *1 ripe banana, peeled*
- *2 tsp. frozen orange-juice concentrate*
- *4 slices cinnamon-raisin bread*
- *2 large egg whites*
- *1/4 cup nonfat milk*
- *1 1/2 tbs. maple syrup, or honey*
- *1 tsp. butter, divided*



## Directions

1. Mash banana coarsely with a fork in a small, shallow bowl.
2. Stir in orange-juice concentrate.
3. Spread the banana mixture over 2 slices of bread and top with the remaining 2 slices of bread, forming 2 sandwiches.
4. Whisk together egg whites and milk in a shallow dish; add the sandwiches and soak for about 20 seconds.
5. Turn the sandwiches over and soak for 20 seconds longer.
6. Transfer the sandwiches to a plate.
7. Stir together yogurt and maple syrup (or honey) in a small bowl. Set aside.
8. Melt 1/2 teaspoon butter in a nonstick skillet over low heat. Tilt the pan to swirl the butter around the skillet.
9. Place the sandwiches in the pan using a metal spatula, and cook until the underside is browned, 5 to 7 minutes.
10. Lift the sandwiches and add the remaining 1/2 teaspoon butter.
11. Turn over and cook until browned, 5 to 7 minutes longer.
12. Serve with the sweetened yogurt.

# Cranberry Muesli



## ***Ingredients***

- *1/2 cup Freanna Plain Yoghurt*
- *1/2 cup unsweetened or fruit-juice-sweetened cranberry juice*
- *6 tbs. old-fashioned rolled oats, (not quick-cooking or steel-cut)*
- *2 tbs. dried cranberries*
- *1 tbs. unsalted sunflower seeds*
- *1 tbs. wheat germ*
- *2 tsp. honey*
- *1/4 tsp. vanilla extract*
- *1/8 tsp. salt*

## **Directions**

1. Combine yoghurt, juice, oats, cranberries, sunflower seeds, wheat germ, honey, vanilla and salt in a medium bowl
2. Cover and refrigerate for at least 8 hours and up to 1 day.