

APPLE PANCAKES WITH SPICY YOGURT & CIDER SYRUP

Cider syrup is simply an apple cider reduction. The apple cider is cooked down to thick amber syrup, which concentrated the natural sugar and rich apple flavor. Because this recipe starts with a pancake mix, it is quick and easy. Purchase a whole-wheat mix that requires adding eggs and milk, not the complete just-add-water type. Use homemade applesauce or the chunky commercial style. Great for a weekend brunch!

- 6 cups apple cider
- 1 cup plain yogurt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 6 tablespoons chunky applesauce
- 2 cup whole-wheat pancake mix
- 2 cup skim milk
- 2 egg, slightly beaten (or 1 whole egg plus one egg white)
- 6 tablespoons chunky applesauce
- Canola oil
- Extra cinnamon for Garnish

Start by making the syrup; pour the cider in a pot that is large enough to be no more than half filled. Place the pan over high heat, and bring to a boil. Reduce the heat to medium, very slow boil, and cook for about 30 minutes. Cook until the cider is reduced to one cup. Set aside. (Syrup can be made in advance. Keeps for about one week in the refrigerator. Warm or bring to room temperature before serving.) Next, in a small bowl, combine yogurt, cinnamon, nutmeg, and 6 tablespoons applesauce. Refrigerate until ready to serve. In a large bowl, combine milk, eggs, and 6 tablespoons applesauce. Stir in pancake mix. Mix well enough to moisten, do not over mix. If the batter is too thick add a little water. Heat a large non-stick skillet or griddle over medium heat. When skillet is hot, lightly grease. Add batter, making medium pancakes, about 1/2 cup batter per pancake. Cook until tiny bubbles form on top, peek under the edge, turn when pancake is golden brown and continue to cook. Place on a platter and keep pancakes and 4 serving plates warm in a heated oven. To serve; fan (slightly overlap) 5 pancakes on a warm plate. Drizzle Cider Syrup over the pancakes (about 1/2 cup) and top with a dollop of spiced Yogurt, garnish with an additional sprinkle of cinnamon. Yield 4 servings.

BREAKFAST APPLE-CITRUS COMPOTE

- 2 C peeled and sliced tart apples (about 2 medium)
- 1 1/2 C (about 9 ounces) pitted prunes
- 1 1/2 C orange juice
- 2 T honey
- 1 T lemon juice
- 1/2 t cinnamon
- 2 navel oranges, peeled and cut into segments
- 2 pink grapefruit peeled and cut into segments
- mint sprigs for garnish

In 2 to 3 quart saucepan combine apples, prunes and orange juice; bring to boil, reduce heat and simmer until apples are tender but not soft, about 10 minutes. Remove from heat; stir in honey, juice and cinnamon. Cool, cover and chill. Stir in oranges and grapefruit. To serve, spoon fruits with their liquid into serving dishes; garnish with mint sprigs. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by the California Prune Board.

Nutritional analysis per serving: Calories, 329; Fat, 1 g; Cholesterol, 0 mg; Fiber, 9 g; Sodium, 5 mg; Percent calories from fat, 2%.

GOLDEN APPLE OATMEAL

1/2 C (about 1/2 medium) diced Golden Delicious apple
1/3 C each apple juice and water
1/8 t salt (optional)
Dash each ground cinnamon and nutmeg
1/3 C quick-cooking rolled oats, uncooked

Combine apples, juice, water and seasonings; bring to boil. Stir in rolled oats; cook 1 minute. Cover and let stand several minutes before serving. Makes a 1 C serving. This is an official 5 a Day recipe.

Nutritional analysis per serving: Calories, 180; Fiber, 4 g.; Cholesterol, 0; Sodium, 25 mg. Percent calories from: Protein, 10%; Carbohydrate, 80%; Fat, 10%.

EASY BREAKFAST PARFAIT

- 1 1/3 C unsweetened applesauce
- 1 C (about 6 ounces) pitted prunes
- 1 1/2 C natural wheat and barley cereal
- 1 pint plain nonfat yogurt
- 4 pitted prunes, for garnish

Combine applesauce and 1 C of prunes. For each serving, in a 9 to 10 ounce stemmed goblet, layer 1/4 C cereal, 1/4 C yogurt, 1/2 C applesauce-prune mixture and another 1/4 C yogurt. Top with 2 T cereal and garnish with a prune. Serve immediately, or refrigerate up to 4 hours before serving. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by the California Prune Board.

Nutritional analysis per serving: Calories, 377; Fat, 1 g; Cholesterol, 2 mg; Fiber, 9 g; Sodium, 345 mg; Percent calories from fat, 2%.

FRESH ORANGE COMPOTE WITH GRANOLA

- 2 Navel oranges, peeled, separated into segments, halved
- 1 apple or pear, diced
- 1/2 C seedless red or green grapes, halved
- 1 banana, peeled, thinly sliced
- 2 T fresh squeezed orange juice
- 1/2 C fat-free or low-fat granola cereal

In a medium bowl toss together orange half segments, apple, grapes, banana and orange juice. Sprinkle granola over mixture; toss lightly. Serve immediately as dessert, for breakfast topped with low-fat yogurt, or drained over lettuce as a salad. Makes 6 servings. This is an official 5 A Day recipe.

Recipe provided by Sunkist Growers, Inc.

Nutritional analysis per serving: Calories, 102; Cholesterol, 0 mg; Fat, 1 g; Fiber, 2 g; Sodium, 1 mg; Percent calories from fat, 8%.

SWISS MUESLI

- 1 1/2 C rolled oats
- 1 1/2 C water
- 2 C shredded unpeeled apples
- 1 1/2 C (about 9 ounces) pitted prunes, whole or halved
- 2 T honey
- 2 T lemon juice
- 1/2 t cinnamon
- fresh fruits (sliced banana, apple, pineapple; orange segments)
- chopped almonds or pecans

Combine oats, water, shredded apples, prunes, honey, lemon juice and cinnamon. Cover and refrigerate overnight. In the morning, spoon some of the muesli into a cereal bowl. Top with your choice of fresh fruits and nuts. Serve with a dollop of plain yogurt or milk, if desired. Muesli can be stored in covered container in refrigerator for several days. Makes 6 servings. This is an official 5 A Day recipe.

Recipe provided by the California Prune Board.

Nutritional analysis per serving: Calories, 218; Fat, 2 g; Cholesterol, 0 mg; Fiber, 4 g; Sodium, 5 mg; Percent calories from fat, 7%.