

Breakfast:

Stuffed French Toast Makes 4 Servings

8 Slices Whole Wheat Bread
¼ cup Red. Fat or Fat Free Cream Cheese
¼ cup Sugar Free or Low Sugar Strawberry Jelly
4 oz Egg Substitute (Egg Beaters) or Egg Whites
2 Tablespoons Skim Milk
½ teaspoon Vanilla Extract

Spread 1 Teaspoon cream cheese onto each slice of bread. Spread 1 teaspoon jelly over top of each slice of bread. Put bread together to make 4 sandwiches.

In a medium bowl, combine eggs, milk and vanilla- mix well. Dip each sandwich into egg mixture, coating both sides evenly. Place in pan sprayed with cooking spray and cook each side until golden brown.

Nutrition Per Serving: Calories: 180, Fat: 2grams (may be slightly more if you use red. Fat cream cheese), Sodium: 440mg, Carbs: 26 grams, Fiber: 4 grams

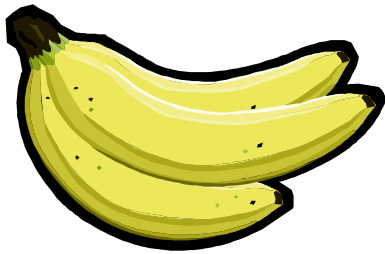
Yummy Muffins! Makes 12

1 cup all-purpose flour	¾ cup raisin bran cereal
1 teaspoon baking powder	1 egg
2 teaspoon baking soda	½ cup skim milk
¼ teaspoon salt	1/3 cup applesauce
2/3 cup sugar	½ cup orange juice
½ teaspoon cinnamon	

Preheat oven to 350 degrees. In a large bowl, combine flour, baking powder, baking soda, salt, sugar, cinnamon, and bran cereal (don't crush flakes). In a separate bowl, beat the egg. Add the milk and applesauce, and mix until smooth. Combine the egg mixture with the dry ingredients and add the orange juice. Mix gently. Fill greased muffin cups, or you can use muffin papers. Bake about 15 minutes, until knife inserted in the center comes out clean.

Nutrition Per Serving: Calories: 110, Fat: 0.5 gram, Protein: 2 grams, Carbs: 25 grams, Sodium: 280mg, Fiber: 1 gram

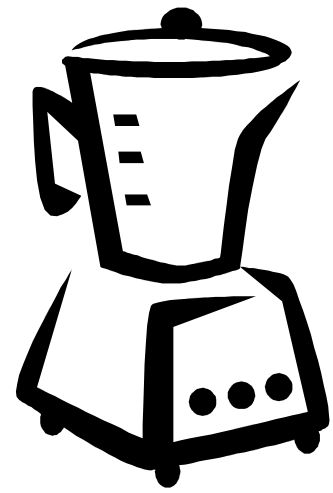




Smoothies:

Chocolate Banana Soy Smoothie One Serving

1 cup Soy Milk (Vanilla or Plain)
1 Medium Banana (sliced)
1 Tablespoon sugar free chocolate syrup
Ice Cubes



Add all ingredients to the blender and blend until smooth.

Nutrition Per Serving: Calories: 270, Fat: 2.5 grams, Sodium 115mg, Carbs: 59 grams, Fiber: 4 grams, Protein: 6 grams

Peanut Butter Banana Soy Smoothie One Serving

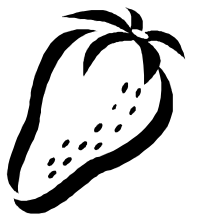
1 cup Soy Milk (Vanilla or Plain)
1 Medium Banana (sliced)
1 Tablespoon reduced sugar peanut butter
Ice Cubes

Add all ingredients to the blender and blend until smooth.

Nutrition Per Serving: Calories: 310, Fat: 10 grams (Sat. Fat only 2.5g), Sodium: 160, Carbs: 49 grams, Fiber: 4 grams, Protein: 9 grams

Very Berry Smoothie One Serving

1 cup Frozen Berries (any kind you like, blueberry, raspberry, strawberry, etc.)
½ cup Soy Milk
6 oz. Low fat sugar free Yogurt
Ice Cubes



Add all ingredients to the blender and blend until smooth.

Nutrition Per Serving: Calories: 190, Fat: 1 gram, Sodium: 200mg, Carbs: 35 grams, Fiber: 4 grams, Protein: 10 grams