

ORGANIC LIVING

By
Robert Rodale

BREAKFAST IS A QUICK-CHANGING MEAL

The foods people eat for lunch and dinner change slowly. Meat, potatoes, bread and salad are long-time favorites, and although meat consumption may go down as prices go up, the general pattern of noon and evening meals is likely to stay the same.

Breakfast is a different story entirely. Here there's innovation. The latest trend is to consider breakfast an important meal, not just an eye-opener. Ham and eggs are not the route the new breakfast eaters are taking though. A wide variety of foods — emphasizing high-protein value — are gaining breakfast popularity.

These are some of the factors behind the breakfast revolution:

1. There's a growing interest in personal efficiency, in "feeling good." And the feel-good value of a protein breakfast, shouted for years by nutritionists, is finally getting through to the public. On a slack-filled stomach, efficiency tends to decline in late morning.

Millions of people who switch from just coffee and doughnuts to a sound morning meal feel an energy boost, and they're telling their friends.

2. At the same time, traditional breakfast foods are either under attack, or are going stale in the public's eye. Until the new natural cereals came along, there was no growth in adult demand for corn flakes and puffed rice. Cereal makers put much of their effort into slanting those products to children's tastes.

3. Breakfast is an ideal meal for eating exactly what you want — what turns you on. Preparing your own breakfast is easy, and often necessary. And as long as you're doing that, why not make exactly what you want. Which is exactly what millions of people are doing.

Natural foods are a big part of the new breakfast picture. Granola helped start that trend, because it tastes good and still provides the protein and solid bulk that are musts for a stick-to-the-ribs breakfast. But granola is just a starting place for further experimentation.

Home-made yogurt is gaining in popularity as a breakfast food. It has the advantage of low cost, and many think it has a



smoother, more natural taste than commercial yogurt. Yogurt is also easy to use as a base for constantly-varying breakfast menus. An almost limitless variety of fruit and health foods like wheat germ and sunflower seeds can be added to yogurt, with good taste results.

Fiber-rich foods like bran, oatmeal, and whole grains of various kinds are on the upswing. Recent studies have shown that high-fiber diets minimize intestinal problems, and possibly are a preventative of bowel cancer, a growing menace. Breakfast is the ideal time to make sure that you get a regular ration of bran, or other fiber food.

A blender is the key to almost limitless breakfast innovations. Using fruit or milk as a base, all kinds of nutritious foods and even food supplements can be added to make delightful-tasting superfoods.

Bud Decon, an aging athlete who holds 11 world records for the 60-69 age group, claims that diet is an important part of his continued success. Written about recently in "Sports Illustrated," he told of a breakfast drink he makes, blending three tablespoons of brewer's yeast, two of a vitamin mixture, plus one tablespoon each of soy flour, sesame meal, sunflower meal, wheat-and-rice bran, rice polish, brown rice, maple syrup, millet and powdered protein.

Does that sound odd? Well maybe it tastes a little different than butter toast, but can you run a mile in 5 minutes and 41 seconds — at the age of 62?

A good, drinkable breakfast that can be made in a blender combines these ingredients:

- 1 banana
- 2 very heaping tablespoons of non-instant milk powder
- 2 cups of cold water
- 1 heaping tablespoon of brewer's yeast
- 1 tablespoon unsulphured molasses
- 1 tablespoon honey

Peel and break the banana into chunks. Add the remaining ingredients and blend at medium speed until smooth. The recipe yields two large glasses.

Here are two other recipes for breakfast variations featuring natural foods:

HIGH PROTEIN CEREAL

In a nut grinder, grind the following seeds in the proportions suggested below:

- 4 parts sunflower seeds
- 2 parts pumpkin seeds
- 2 parts roasted soybeans
- 2 parts unblanched almonds
- 1 part carob powder

Mix thoroughly and store in refrigerator. Serve with fruit juice, milk or fruit: bananas, berries, prunes, etc.

NO-SUGAR CEREAL

The night before, put the following to soak in cold water:

- ½ cup chopped sunflower seeds
- ½ cup large rolled oats
- ½ cup millet
- ½ cup buckwheat groats

1 cup unsprayed, unsulphured raisins or dried prunes

In the morning, put the cereal (adding more water if needed) on a moderate heat and bring to a boil. Serve with milk. It needs no sweetener; the fruit takes care of that. Yield: 4 servings.

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Why limit good-for-you eating to just breakfast? The 77-page "Better Living Cookbook" shows you how to pack flavor and nutrition into every meal. For a copy, send fifty cents to Robert Rodale, Organic Living, in care of this newspaper. Be sure to request the booklet by name, and please allow three or four weeks for delivery.

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