



## Have You Heard?

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### Breakfast - Don't Leave Home Without It!

We all know how important it is to eat a good breakfast every day. But do you know that in addition to helping you feel better and concentrate harder, a good breakfast can help you control your weight? It's true. Because eating breakfast will satisfy hunger and help prevent overeating later on. And the calories you consume in the morning are burned off during the course of the day!

Prunes are delicious for break-

fast any time of the year. But when the winter winds blow and fresh fruits are scarce and expensive, take the time to enjoy a warming bowl of oatmeal with moist, sweet, chopped prunes scattered on top. Or try prunes plumped in fruit juice to perk up your appetite before the day begins. Prunes are a satisfying breakfast fruit - great for starting you off well-nourished even on the most bitterly wet or cold mornings. Prunes (2 ounces or about 1/4 cup) have 150 calories. They are

an excellent source of fiber, contain no cholesterol and are low in fat and sodium. They are also a good source of iron, vitamin A and potassium.

Try the following good prune breakfast ideas.

- Add chopped pitted prunes to quick breads, muffins or pancake batter.

- For a quick morning eye opener, combine plumped pitted prunes in the container of your electric blender with an egg, milk, cinnamon, honey and a few ice cubes. Blend until smooth.

- Add quartered prunes to homemade granola for moistness and tangy flavor.

Prune butter is a delectable spread for any breakfast bread. Whip equal parts of finely chopped pitted prunes and softened margarine with your electric mixer until well blended.

Pitted prunes can be coarsely chopped with a food processor using a quick on-off motion. Before chopping prunes for baked

goods, add a little of the flour called for in the recipe to prevent sticking. If using a knife or kitchen shears, oil the blade before chopping.

To cook prunes quickly, combine equal parts of prunes and water. Bring to a boil, cover and simmer for three to four minutes. To plump prunes easily, cover them with equal amounts of water or fruit juice (apple or orange) and allow them to stand overnight.

### Sugar and Spice Prune Muffins

1 1/2 cups plus 1 tablespoon flour

3 tablespoons sugar  
2 teaspoons baking powder  
1 teaspoon cinnamon  
1/2 teaspoon salt

1 cup milk  
2 eggs, beaten  
1/4 cup vegetable oil  
1 cup coarsely chopped, pitted prunes

1/2 cup coarsely chopped tart apples

In large bowl combine 1 1/2 cups of the flour, 3 tablespoons sugar, baking powder, cinnamon and salt. In small bowl mix milk, eggs and oil; stir into flour mixture to blend. Toss prunes and apples with the remaining tablespoon of flour; fold into batter. Spoon into 12 greased muffin cups. Mix 1 tablespoon sugar with 1/2 teaspoon cinnamon. Sprinkle over muffins. Bake in preheated 425-degree oven for 20 to 25 minutes until springy to the touch. Serve warm.



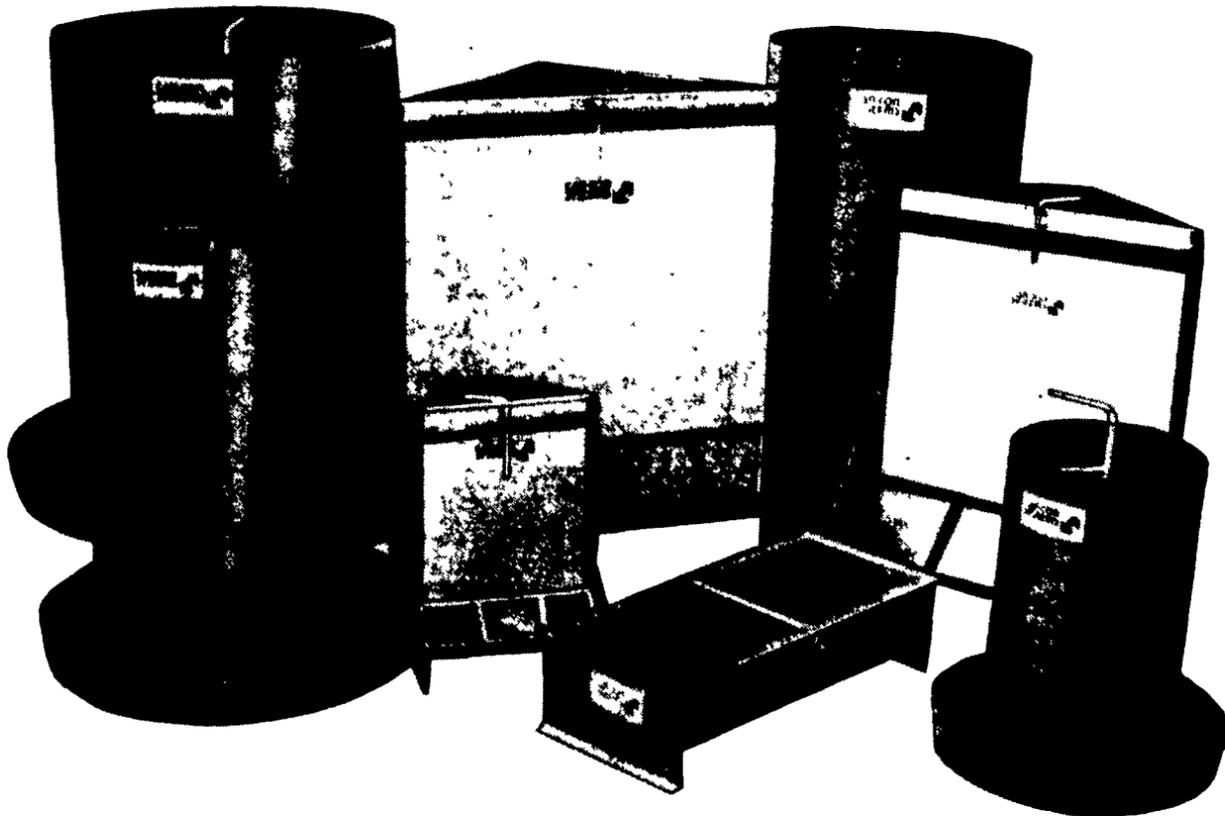
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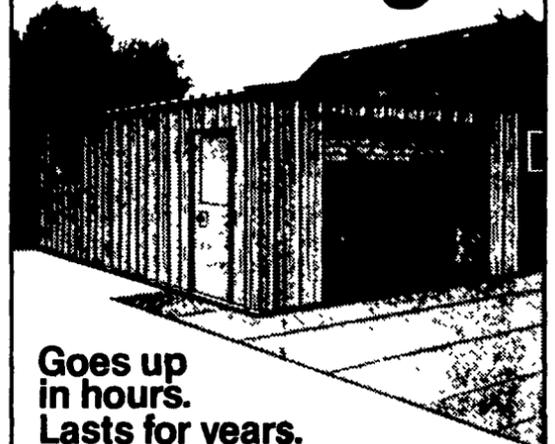


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