

# Healthy Breakfast



TOTAL HEALTH

[www.tarladalal.com](http://www.tarladalal.com)

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# Introduction

The saying "Have breakfast like a king, lunch like a prince and dinner like a pauper" is completely true. Breakfast is your start of the day and as the name suggests it is necessary to "break" the "fast" that has been going on since dinner the previous night to fuel your body for the day. A good breakfast keeps you energetic and healthy as it provides the necessary nutrient boost and prevents bingeing on high calorie foods in latter part of the day.

*Healthy Breakfast*, my latest addition to *Total Health Series*, comprises of 54 sumptuous breakfast ideas. All the recipes in this book are made with commonly available ingredients. Care has been taken to avoid high fat, processed and refined foods and use low calorie natural variants instead. Recipes have been compiled using combinations of fruits and vegetables with cereals and pulses and minimal use of fat.

On days when you are on the go, try recipes from the section *Breakfast in a Jiffy* or *Breakfast Using Left-overs*. When you have the time to do that little bit extra to make your breakfast special, make a couple of things from the section *Breakfast with Planning*. Also included are sections on *Healthy Drinks*, *Butter Substitutes* and *Salt Substitutes*.

Turn to this book to add more colour, flavour, nourishment and variety to the most important meal of the day and ensure good health for the day and ever..... not just for yourself but for your entire family.

Happy Cooking,

Tarda Darda

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# • SPICED WHOLEMEAL AND OAT PANCAKES •



**A** *healthy version of the traditional pancakes which are made of plain flour (maida).*

Preparation time : 5 minutes.    Cooking time : 10 minutes.    Makes 6 pancakes.

1 cup whole wheat flour (gehun ka atta)

¼ cup quick cooking rolled oats

a pinch nutmeg (jaiphal) powder

a pinch cardamom (elaichi) powder

¼ tsp cinnamon (dalchini) powder

1½ tbsp powdered sugar

1 tsp oil

½ cup low fat milk, page 101

½ tsp Eno's fruit salt

a pinch of salt

## Other ingredients

3 tsp low fat butter for cooking

## For serving

2 tbsp honey

½ cup orange segments

1. Combine all the ingredients except the fruit salt in a bowl with enough water.
2. Whisk till it is a smooth batter.
3. Heat a non-stick pan and grease it with a little low fat butter.
4. Add the fruit salt to the batter and mix well. Divide into 6 equal portions.
5. Pour a spoonful of the batter on the pan to make 50 mm. (2") diameter pancake, cooking on both sides with a little butter till golden brown.
6. Repeat with the remaining batter to make 5 more pancakes.  
Serve hot with honey and oranges.

## Nutritive values per pancake

Energy : 109 calories.

Protein : 2.9 gm.

Carbohydrate : 19.6 gm.

Fat : 2.4 gm.

Calcium : 33.6 mg.



SPICED WHOLEMEAL AND  
OAT PANCAKES

# • BANANA APPLE PORRIDGE •

**A** *wholesome broken wheat and oat porridge served with apples and bananas.*

Preparation time : 5 minutes.    Cooking time : 10 minutes.    Serves 4.

¼ cup broken wheat (bulgur wheat)

¼ cup quick cooking rolled oats

1 cup low fat milk, page 101

1 tbsp powdered sugar

½ tsp cinnamon (dalchini) powder

1½ cups apple, diced

3 cups bananas, sliced

4 tsp low fat butter

For the garnish

4 cinnamon (dalchini) sticks (optional)

1. Clean, wash and drain the broken wheat.
2. Heat the butter in a pressure cooker, add the broken wheat and sauté for 3 to 4 minutes.
3. Add the oats and cook for 2 minutes.



4. Add the milk and 1 cup of water and pressure cook for 2 whistles.
5. Mix in the sugar and cinnamon powder. Cool in the refrigerator.
6. Add the apples and bananas. Mix well.  
Serve chilled garnished with cinnamon sticks.

Nutritive values per serving

Energy : 260 calories.

Protein : 5.0 gm.

Carbohydrate : 53.4 gm.

Fat : 2.9 gm.

Calcium : 97.9 mg.

BANANA APPLE PORRIDGE





**B**reakfast is your start for the day - your fuel for the body. A good breakfast keeps you healthy and energetic, provides the necessary nutrient boost and avoids bingeing on high calorie foods in the latter part of the day. Hence the saying "*Have breakfast like a king, lunch like a prince and dinner like a pauper*" holds completely true.

**Healthy Breakfast**, my latest addition to *Total Health Series*, comprises of **54 sumptuous breakfast ideas**. All the recipes are devoid of high fat ingredients and refined foods. Instead the recipes have been compiled using combinations of fruits and vegetables with cereals and pulses with minimal use of fat.

On days when you are on the go, try out recipes from the section on **Breakfast in a Jiffy** and **Breakfast Using Left-overs** and on weekends you can make an elaborate dish to please your dear ones from the section on **Breakfast with Planning**. Also included is a section on **Healthy Drinks**, **Butter Substitutes** and **Salt Substitutes**.

Turn to this book to add more colour, flavour, nourishment and variety to the most important meal of the day and ensure health for the day.



“**Padma Shri**” awardee, **Mrs Tarla Dalal** is India's best selling author in any field, with over 3 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, ‘**Cooking & More**’, which is the best selling cookery magazine in India, under her own name.

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