

Nutrition News

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Arbor Management, Inc.

NATIONAL BREAKFAST MONTH

Breakfast is the first meal of the day! **Did you know...**the word breakfast means “Breaking the fast after one has not eaten since the night before”.

You don't like traditional breakfast foods like eggs, toast, cereal, and pancakes! Well, there are **No Rules** for saying you *can't* have **lunch** or **dinner** foods in the morning. If dinner last night was **so good**, heat-up left-overs for a quick meal before heading out the door.

Fun Facts:

1. Breakfast kickstarts your body and brain by providing it with energy.
2. Eating breakfast helps prevent overeating at lunch time.
3. People who eat breakfast usually do better at work and at school.
4. Children who eat school breakfast are likely to have fewer:
Incidents of Tardiness → Trips to the Nurse's Office → Absences

What's in Season?

Vegetables

Corn
Cucumbers
Summer Squash
Sweet Potatoes
Garlic

Fruit

Blackberries
Plums
Grapes
Pineapple
Cherries

FLUFFY SWEET POTATO BREAKFAST BOWLS

Serves: 2



Ingredients:

2 Medium Sweet Potatoes
2/3 cup Unsweetened Plant Milk
2 tbsp Ground Flax
1 tbsp Nut Butter of choice (I used Cashew Butter)
2 tsp Vanilla Extract
1 tsp Cinnamon
Pinch of Salt
Optional Toppings: Pomegranate, Pumpkin Seeds, Coconut Yogurt, Cacao Nibs, and/or Granola

Instructions:

1. Preheat your oven to 400F. Wash your Sweet Potatoes, but do not peel them. Pierce the Potatoes a few times with a knife, then place on a lined or greased baking tray and bake for 45-60 minutes, or until a “caramel” starts to ooze out of the pierced holes.
2. Remove the Sweet Potatoes from the oven, and carefully scoop their flesh into a large bowl.
3. Add in the Plant Milk, Ground Flax, Nut Butter, Vanilla, Cinnamon, and a pinch of Salt. “Cream” the mixture together using a handheld electric mixer on the lowest setting, for 60-90 seconds.
4. Divide equally into two bowls, and top as desired. You can serve this recipe warm or chilled, but I much prefer it warm.