

## Experience A Country Christmas

# Make a new holiday breakfast tradition

## Holiday waffles and breakfast tortilla are quick, easy meals

Dietitians and doctors tell us that breakfast is the most important meal of the day, but during the busy holiday season, breakfast can often be neglected in favour of socializing with family and friends or planning and preparing evening meals.

This year, why not get everybody off to a delicious start in the morning, and create a new tradition with a holiday breakfast that is sure to be memorable.

"The holidays are always a hectic time, and breakfast can often be forgotten amid all the activity," said Nancy Hall, vice president of product development for Our Compliments.

"To avoid overindulging in holiday treats, it's important to take the time to start the day off with a good breakfast.

The challenge is making something that's easy to prepare and tasty."

As a perfect example of a quick, delicious and nutritious way to start everyone's day, try whipping up a batch of Breakfast Tortillas.

The kids will love these easy wraps - they will be a treat to eat with their hands.

For those wanting to save some calories for supper, egg whites, low fat cheese and low fat ham can be easily substituted.

The Holiday Waffles are beautiful to look at and delicious to eat - whether first thing in the morning or as a special dessert.

For variety, try topping them with different frozen or fresh fruits and for a lighter touch, look for lower fat whipped toppings to combine with the hazelnut spread.

These breakfast ideas are sure to be remembered year after year.

Ready in 20 minutes or less, they are a perfect way to begin a busy holiday morning - leaving plenty of time for festivities.

### Breakfast Tortillas

- 4 Eggs
- 1/4 cup (50 mL) Green onions, diced
- 1/4 cup (50 mL) Red pepper, diced
- 1 tbs (15 mL) Vegetable oil
- 4 Flour tortillas
- 1/2 cup (125 mL) Our Compliments Roasted Red Pepper Bistro Cooking Sauce
- 1 cup (250 mL) Cheddar cheese, grated
- 4 Slices Ham

Beat eggs in a large bowl and stir in onions and red peppers.

In a large frying pan, heat oil and cook egg mixture for about four minutes, turning once.

Spread 1 tbs of Our Compliments Roasted Red Pepper Bistro and Cooking Sauce on each tortilla. Top with 1/4 cup of the cheese.

Place in microwave for one minute on high or until cheese has melted. Top each tortilla with one slice of the ham and 1/4 of the egg mixture. Roll up tortilla and serve.

**Preparation time: 15 minutes**  
**Makes 4 servings.**

### Holiday Waffles

This waffle recipe will also make a great dessert.

- 6 Belgian Waffles
- 1 cup (250 mL) Fresh or frozen raspberries
- 1/2 cup (125 mL) Whipping cream
- 1/4 cup (50 mL) Our Compliments Hazelnut Spread
- 1/2 cup (125 mL) Chocolate, shaved

In a medium-sized bowl, whip cream, until firm and mix in Our Compliments Hazelnut Spread. Prepare Belgium waffles according to package

directions. Top each waffle with 1/4 cup of the hazelnut spread/whipped cream mixture. Sprinkle with shaved chocolate and surround with raspberries.

**Preparation time: 20 minutes**  
**Makes 6 servings**

### Hints for Shaving Chocolate

Place chocolate square on waxed paper and heat on medium-low in microwave for 10-15 seconds on each side. Chocolate should be pliable but not melting.

Use a vegetable peeler or a

sharp knife to shave chocolate from the bottom. Use slow strokes for loose curls or fast strokes for tight curls.

Move curls individually onto a wax paper covered cookie sheet by inserting a toothpick into the centre. Chill until firm.

### Festive Holiday Beverage Ideas

✓ Don't forget the eggnog. Kids love this wholesome creamy holiday treat. To make it special, top with shaved chocolate.

✓ Hot apple juice or cider can

warm up a holiday morning. Try heating apple juice on the stove until boiling, pour into mugs and then add a stick of cinnamon.

✓ For festive, sparkling non-alcoholic drinks, try one of these suggestions:

- Mix equal parts of grape juice and ginger ale. Pour over ice.

- Mix orange juice and non-alcoholic sparkling apple cider in equal portions - gives a champagne kick to the morning (without the champagne).

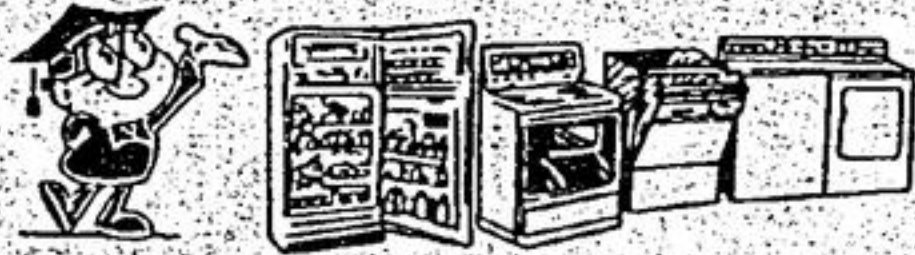
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