

Morning Glories

Good day, Sunshine! Give your ravenous self—and your bump—plenty of energy and nutrients with these delectable breakfasts.

BLUEBERRY CORNMEAL PANCAKES

BY MYRA GOODMAN

ACTIVE
20 MINUTES

TOTAL
30 MINUTES

SERVES
6

Heart-healthy flaxseeds and protein-rich pecans turn these vegan flapjacks into a super stack. A drizzle of organic maple syrup may even boost immunity.

INGREDIENTS

- 1½ cups plain, unsweetened soymilk
- 1 tablespoon plus 1 teaspoon fresh lemon juice
- 2 tablespoons ground flaxseed
- ¼ cup hot water (about 180°F)
- ¼ cup canola oil
- 1½ cups whole-wheat pastry flour
- ⅔ cup cornmeal
- 2 tablespoons granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 cups blueberries, plus 2 cups for serving (optional)
- 1 cup pecans, toasted and coarsely chopped

DIRECTIONS

1. In a large mixing bowl, whisk together soymilk and lemon juice. Let mixture sit for 5 to 10 minutes to thicken into a buttermilk-like consistency.
2. In a small bowl, stir ground flaxseed and hot water together. Allow to sit for 5 to 10 minutes until it thickens.
3. Add flaxseed mixture and canola oil to the bowl with the “buttermilk” and whisk to combine.

4. In a medium mixing bowl, whisk together the flour, cornmeal, granulated sugar, baking powder and salt. Stir the dry ingredients into the wet ones until just combined, and then fold in the blueberries. If the batter is too thick to pour, thin it with a little more soymilk.
5. Heat a medium cast-iron skillet or nonstick griddle over medium heat. When the pan is hot, brush it with a thin layer of oil. Spoon a scant ¼ cup of batter onto the griddle for each cake. This should spread to form a 4-inch pancake. Cook for 2 minutes, until batter begins to bubble and the bottoms are golden brown. Flip the pancakes and cook until opposite sides are golden brown. Repeat with the remaining batter. Top pancakes with a sprinkle of pecans, additional blueberries and a dusting of confectioners’ sugar, if desired.

NUTRITION SCORE PER SERVING (2 PANCAKES)

406 CALORIES, 7G PROTEIN, 42G CARBOHYDRATES, 26G FAT (2G SATURATED FAT), 255MG CALCIUM, 2MG IRON, 19MCG FOLATE, 7G FIBER, 438MG SODIUM



Pancake and muffin recipes adapted from *Straight from the Earth: Irresistible Vegan Recipes for Everyone* by Myra and Marea Goodman, Chronicle Books (\$23, amazon.com). Copyright © 2014.

BLACKBERRY-BRAN MUFFINS

BY MYRA GOODMAN

ACTIVE 25 MINUTES	TOTAL 75 MINUTES	SERVES 12
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This easy, vegan grab-and-go nosh keeps your system running smoothly with a hefty dose of fiber.

- INGREDIENTS
- 1 cup plain, unsweetened soy milk

1 tablespoon fresh lemon juice

2 cups wheat bran

½ cup old-fashioned rolled oats

2 tablespoons ground flaxseed

¼ cup hot water (about 180°F)

¾ cup packed light brown sugar

½ cup unsweetened applesauce

¼ cup canola oil

1¼ cups whole-wheat pastry flour

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon ground cinnamon

½ teaspoon sea salt

1 cup fresh blackberries

the brown sugar, applesauce and oil into flaxseed mixture. Add this mixture to the bowl with the “buttermilk” combo, stirring until batter is combined.

4. In another medium mixing bowl, whisk together the flour, baking powder, baking soda, cinnamon and salt. Add this mixture to the batter, stirring just until combined. Do not overmix. Fold in the berries.

5. Fill each muffin cup with a heaping ½ cup of batter. The muffin cups should be full and rounded at the top, with blackberries in each.

6. Bake for 35 to 40 minutes, or until the muffins are firm to the touch and a toothpick inserted into muffin (avoiding the blackberries if you can) comes out clean.

7. Let muffins cool in the tin for 10 minutes. Turn out muffins and continue to cool them on a wire rack for another 10 minutes before serving.

- DIRECTIONS
1. Position a rack in the lower third of the oven and preheat to 350° F. Lightly oil 12 muffin cups or use paper liners.

2. In a large mixing bowl, whisk together soy milk and lemon juice. Let mixture sit for 5 to 10 minutes to thicken into “buttermilk.” Whisk again and stir in the bran and oats.

3. In a medium mixing bowl, combine flaxseed with hot water. Allow it to sit for 5 to 10 minutes until it thickens. Whisk

NUTRITION SCORE PER SERVING (1 MUFFIN)
183 CALORIES, 4G PROTEIN, 32G CARBOHYDRATES, 7G FAT (1G SATURATED FAT), 73MG CALCIUM, 2MG IRON, 14MCG FOLATE, 7G FIBER, 247MG SODIUM



CALIFORNIA BARLEY BOWL WITH LEMONY YOGURT SAUCE

BY MEGAN GORDON

ACTIVE 10 MINUTES	TOTAL 10 MINUTES	SERVES 2
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Folate-rich avocados and protein-packed almonds both boost Baby’s brain development.

- INGREDIENTS
- 1½ cups cooked barley, warmed

¼ cups sliced almonds, toasted

¼ teaspoon kosher salt

1 small ripe avocado, peeled, pitted and sliced

Lemony Yogurt Sauce (recipe follows)

Flaky sea salt (such as Maldon)

Freshly ground black pepper

LEMONY YOGURT SAUCE

INGREDIENTS

½ cup plain yogurt

1 teaspoon grated lemon zest

1 teaspoon freshly squeezed lemon juice

1 tablespoon chopped fresh chives

Pinch of kosher salt

DIRECTIONS

Whisk all the ingredients together in a small bowl. Refrigerate any leftovers in an airtight container for up to 3 days. If the sauce begins to separate, just give it a good stir before using.

NUTRITION SCORE PER SERVING

273 CALORIES, 8G PROTEIN, 40G CARBOHYDRATES, 10G FAT (2G SATURATED FAT), 122MG CALCIUM, 2MG IRON, 44MCG FOLATE, 7G FIBER, 393MG SODIUM

- DIRECTIONS
- In a small bowl, stir the barley, almonds and kosher salt together. Scoop into 2 individual bowls and top with the avocado and a few generous spoonfuls of yogurt sauce. Sprinkle with flaky salt and pepper.



Barley bowl and scramble recipes adapted from *Whole-Grain Mornings* by Megan Gordon, Ten Speed Press (\$14, amazon.com). Copyright © 2013. Photos by Clare Barboza.

GREENS AND GRAINS SCRAMBLE

BY MEGAN GORDON

ACTIVE 25 MINUTES	TOTAL 75 MINUTES	SERVES 2
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Whether you choose baby kale, spinach, Swiss chard or all of the above, a fresh mix of greens delivers essential nutrients (calcium, plus vitamins A, C and K) to nourish you and your bambino.

- INGREDIENTS
- 4 large eggs

1 tablespoon milk

¼ teaspoon kosher salt

2 tablespoons extra virgin olive oil

1 green onion, white and light green parts, finely chopped (about 1 tablespoon)

2 cloves garlic, minced

1 heaping cup leafy greens

½ cup cooked whole grains (wheat berries, farro, barley or millet)

1 tablespoon chopped fresh chives

- Freshly ground black pepper

Flaky sea salt (such as Maldon)

Crusty bread, toasted English muffins or warm corn tortillas for serving
- DIRECTIONS
1. In a large bowl, whisk together eggs, milk and kosher salt; set aside. Heat 1 tablespoon of olive oil in a nonstick pan over medium heat. Add the green onion and garlic and sauté until soft, 1 to 2 minutes. Add greens, grains and remaining 1 tablespoon olive oil and sauté until greens are wilted and grains are warmed through, 3 to 5 minutes.

2. Decrease heat to low and pour in egg mixture, gently stirring to combine it with the greens and grains. Continue stirring until eggs are softly scrambled, 2 to 3 minutes. Remove from the heat, stir in chives and season with pepper.

3. Serve hot with a sprinkling of sea salt on top and crusty bread, toasted English muffins or warm corn tortillas on the side.

NUTRITION SCORE PER SERVING
334 CALORIES, 15G PROTEIN, 15G CARBOHYDRATES, 24G FAT (5G SATURATED FAT), 125MG CALCIUM, 2MG IRON, 111MCG FOLATE, 2G FIBER, 398MG SODIUM



CRISPY FRENCH TOAST FINGERS

BY ELLIE KRIEGER

ACTIVE	TOTAL	SERVES
40 MINUTES	40 MINUTES	4

These indulgent sticks are pleasingly sweet but also pack fiber thanks to their whole-wheat base.

INGREDIENTS

- 1 cup sliced almonds
- 3 cups corn flakes
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 2 large eggs
- 3/4 cup low-fat milk
- 1 tablespoon pure maple syrup
- 1 teaspoon vanilla extract
- Nonstick cooking spray
- 4 large slices firm whole-grain bread, each piece cut crosswise to make 5 fingers
- Blueberry Maple Sauce (recipe follows) or maple syrup, optional

DIRECTIONS

- In a food processor, pulse the almonds until coarsely ground. Add the corn flakes, cinnamon, nutmeg and salt, then pulse until corn flakes resemble the texture of oats. Transfer corn flake mixture to a shallow bowl.
- In a medium bowl, whisk together the eggs, milk, maple syrup and vanilla until well combined.
- Spray a large nonstick skillet or griddle with cooking spray and preheat over medium heat.
- Working with 1 piece at a time, dip the bread into egg mixture until completely moistened and coated but not falling apart, about 15 seconds on each side. Coat each stick in the corn flake mixture, gently pressing it onto the bread. Place each stick in the skillet and cook over medium-low heat, turning once, until the outside is golden brown and the center is warm, about 6 minutes. Repeat with each stick, setting the browned ones aside as you dip and coat the remaining slices.
- Serve with Blueberry Maple Sauce for dipping, if desired.

NUTRITION SCORE PER SERVING (5 STICKS)

283 CALORIES, 11G PROTEIN, 30G CARBOHYDRATES, 15G FAT (2G SATURATED FAT), 141MG CALCIUM, 5MG IRON, 47MCG FOLATE, 4G FIBER, 351MG SODIUM

BLUEBERRY MAPLE SAUCE

INGREDIENTS

- 2 cups fresh or frozen (unsweetened) blueberries
- 1 tablespoon pure maple syrup
- 1 tablespoon orange juice

DIRECTIONS

In a medium saucepan, combine the blueberries, maple syrup and orange juice. Bring the mixture to a gentle boil. Reduce to medium-low heat and simmer, stirring occasionally, for 2 minutes. Transfer the mixture to a blender, and blend until almost smooth. Add more maple syrup to taste, depending on the sweetness of the fruit. The sauce may be made up to 4 days ahead and stored in the fridge in an airtight container.

NUTRITION SCORE PER SERVING (2 TABLESPOONS)

57 CALORIES, 1G PROTEIN, 14G CARBOHYDRATES, 0G FAT (0G SATURATED FAT), 10MG CALCIUM, 0MG IRON, 6MCG FOLATE, 2G FIBER, 1MG SODIUM

SPINACH, HERB AND GOAT CHEESE FRITTATA

BY ELLIE KRIEGER

ACTIVE	TOTAL	SERVES
20 MINUTES	30 MINUTES	4

By using half whole eggs and half egg whites, you get the yolks' nutrients—especially choline and omega-3s for fetal brain development—with less cholesterol.

INGREDIENTS

- 5 large eggs
- 5 large egg whites
- 1 medium leek or small onion
- 3 cups baby spinach leaves
- 1/2 cup fresh Italian parsley leaves
- 40 chives (about 1/2 bunch)
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 ounces soft pasteurized goat cheese

DIRECTIONS

- Preheat the broiler.
- Combine the whole eggs, egg whites and 2 tablespoons water in a medium bowl and whisk well.
- If using leek, slice off the dark green top and discard. Slice the remaining white and light green parts in half lengthwise and rinse well, then finely chop. Otherwise, dice the onion. Coarsely chop the spinach, parsley and all but about 8 of the chives.
- Heat the olive oil in a medium cast-iron or nonstick ovenproof skillet over medium heat.
- Add the leek or onion and cook, stirring, until it begins to soften, about 3 minutes. Add the spinach, parsley, chives, salt and pepper and cook for 1 minute until spinach just begins to wilt.
- Pour egg mixture over greens in the skillet, covering them evenly. Decrease heat to medium-low and cook until egg mixture has set around

the edges of the pan but not in the middle, 8 to 10 minutes.

- Distribute the cheese over the eggs in 10 to 12 dollops and scatter the reserved whole chives on top. Place skillet under the broiler about 2 inches from the heat and broil until the surface is set and golden brown, 1 to 2 minutes. Be careful not to overcook or egg mixture will become tough.
- Cut frittata into 4 wedges and serve immediately.

NUTRITION SCORE PER SERVING (1 WEDGE)

204 CALORIES, 16G PROTEIN, 7G CARBOHYDRATES, 13G FAT (5G SATURATED FAT), 100MG CALCIUM, 3MG IRON, 65MCG FOLATE, 2G FIBER, 393MG SODIUM



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Adapted from *Weeknight Wonders* by Ellie Krieger, Houghton Mifflin Harcourt (\$19, amazon.com). Copyright © 2014. Photo by Quentin Bacon.