



ULLAAKKUT!

THE NUNAVUT BREAKFAST PROGRAMS COOKBOOK



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INTRODUCTION





ULLAAKKUT!

Welcome to the Nunavut Breakfast Programs Cookbook!

By talking with breakfast program coordinators, workers, and volunteers, we have learned that you would like more practical, appropriate ideas about what foods to serve children in your programs. We also learned that you want to know more about how to:

- *Plan a healthy menu*
- *Prepare healthy foods that children enjoy eating*
- *Make food orders*
- *Make sure food is safe to eat*
- *Manage a budget*

This cookbook contains more than 20 healthy recipes that children like, as well as ideas for preparing breakfast foods for large and small groups of children, and other tips for running a program.



Another companion book has been developed, called the *Nunavut Breakfast Programs Guidebook*. It is designed for breakfast program coordinators, and will help to plan, order and budget for a program, as well as offer some guidance on preparing and serving healthy food to groups of children.

A very special thank you to breakfast program coordinators from across Nunavut who let us know what information should be in the two books. And thank you to everyone else who helped with this project.

We hope you find these books helpful. Please let us know what you think: you can send an email to niqittivak@gov.nu.ca or a fax to 867-979-8648.

Happy and healthy cooking!

May 2013

BREAKFAST BASICS

A breakfast program should aim to serve:

- ✓ *Country foods as often as you can*
- ✓ *Different foods from day to day*
- ✓ *Foods from 3 to 4 food groups, at every meal*
- ✓ *Water or milk to drink, most of the time*
- ✓ *100% fruit juice or chocolate milk (or other flavoured milk), no more than 2 times a week*

The *Nunavut Food Guide* is a great resource to help you plan your breakfasts!



Tips for choosing foods from the four food groups

Vegetables and Fruit

- Fruit is popular with children. When using canned fruit, choose those that are canned in water or juice, instead of syrup. Whole fruit should be served more often than 100% fruit juice.
- Vegetables can also be good for breakfast. Try adding bell peppers, corn, mushrooms or cooked potatoes to scrambled eggs, or serving celery stuffed with peanut butter or Cheez Whiz.



Grain Products

- Choose whole grain foods, such as rolled oats, whole-wheat muffins and bannock, whole grain bread, and whole grain cold cereals (not sugar coated). A list of recommended cold cereals is provided on page 40.
- Cereal bars and plain granola bars are handy, but should not be served often. They usually contain more sugar and less fibre than most regular cereals.



Milk and Alternatives

- Skim milk powder and UHT milk work well in many recipes and kids find they taste good when served on cereal. Be sure to serve them cold and mix powdered milk according to the package directions.
- Yogurt and cheese are also popular and are easier to digest than milk.
- Chocolate milk, and other flavoured milks, have added sugar and should be offered less often, no more than two times per week.



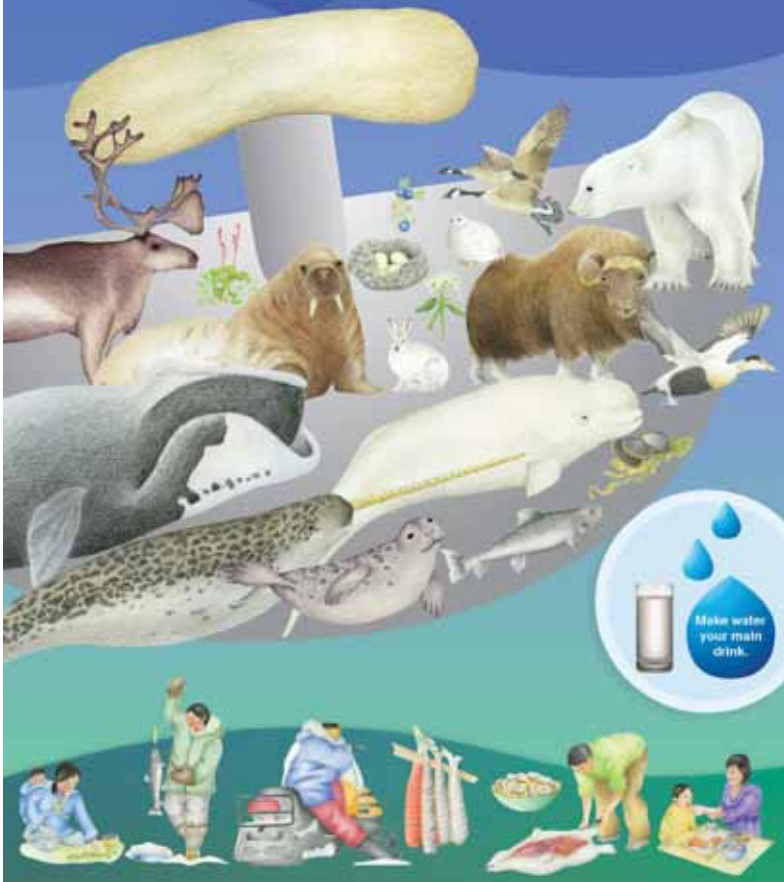
Meat and Alternatives

- If there are children with peanut allergies in your program, try an alternative to peanut butter that is labelled as peanut free. There are soy butters (WOWBUTTER is one brand), as well as pea butter (NoNuts Golden Peabutter) and sunflower seed butter (SunButter). You can ask your local store to make a special order for you, to try in your program.
- Seeds like sunflower seeds and pumpkin seeds are good choices.
- Eggs are healthy, taste good and low-cost.
- Bacon and sausage are not healthy choices. They have a lot of fat and salt. Serve only on special occasions.



COUNTRY FOOD FOR BREAKFAST

All country foods are healthy



Country foods are very healthy and are an important part of breakfast programs.

When we compare country foods to food we buy at the store, we find that the country food has more nutrients and is better for you. For example, seal and caribou meat have MUCH more iron than beef. Char, seal, beluga and narwhal have healthy fats that are hard to find in store-bought food.

When country food is available...

- *Serve it often.*
- *Enjoy all different kinds of animals and their different parts. This helps our bodies get many kinds of nutrients.*
- *Get children eating country food early and often!*
- *Country food can be served raw, frozen, or cooked. This cookbook has several recipes for country food and you can also use your own recipes.*
- *Use caribou or muskox in recipes that call for beef.*
- *Have elders teach students how to dry meat or fish for breakfast programs. It is very popular with kids.*

The *Breakfast Programs Guidebook* has more information on how to include country food in your program.

MAKING FOOD FUN

Get children interested in healthy food by making it fun to eat. This can be as simple as changing the shape or colour of food. Children also enjoy planning and preparing food, and even cleaning up!

- *Pour pancake batter into metal cookie cutters on the cooking surface. Cook the pancakes in the cookie cutters, to make different shapes.*
- *Add green food colouring (one or two drops) to milk on St. Patrick's Day. Choose red foods (strawberries, apples) to have on Valentine's Day.*

Involve children in making breakfast:

- **Ants on a log:** *Have kids spread Cheez Whiz or peanut butter (or other nut butter) on a celery stick and then top it with sunflower seeds, raisins or other dried berries.*
- **Bugs on toast:** *Have kids spread toast with applesauce or Cheez Whiz, then sprinkle cinnamon or raisins on top.*

Involve children in the breakfast program:

- *Plan a breakfast menu as a class*
- *Make a clean-up schedule*
- *Plan special event menus together*



INTRODUCING NEW FOODS

Introducing new foods to children can be a challenge. Remember:

- *Sometimes children won't try new foods. Don't give up; keep offering these new foods.*
- *Children may need 10 to 20 tries, before they decide they like it.*
- *Some children might not like a new food, even after many tries. That's OK, everyone has likes and dislikes.*
- *If possible, sit down and enjoy breakfast with the children. They may be more willing to try a food, if they see you eating it.*
- *Invite children to help choose and prepare foods. They are more likely to eat something they made themselves.*
- *Make changes gradually.*

TIP

Help kids learn to like healthy foods in kindergarten and your job in the following years will be easier.

Here's an example from a Nunavut community:

Mary, the breakfast program worker in a small community, made whole-wheat bannock and the children did not like it. The next time, she made it using a quarter of the amount of whole-wheat flour. Little by little, Mary gradually substituted the white flour with whole-wheat flour in her recipe. The children love it now! It worked better for her to change it gradually.

Once the children started to eat the whole-wheat bannock, Mary started serving whole-wheat bread. The bread was not popular at first, but now it is the only bread served! Change **IS** possible!



COOKING FOR LARGE GROUPS

You can feed many people even if you only have a regular-sized kitchen to cook in. Here are some things to keep in mind:

1. Cook in batches

Some foods, such as muffins, turn out better if you cook them in batches. This means you make the recipe two or three times to get the number of servings you need.

Baking several pans in the oven or baking in bigger pans will increase the baking time. The cooking time on the recipe acts as a guide, but you will need to keep a close eye on the oven the first few times.

To make sure all the food bakes evenly, you may need to rotate the pans. This means moving the pans on the bottom rack to the top rack, and moving the pans on the top rack to the bottom rack. You don't need to do this if you have a convection oven.

2. Check your equipment

Before you start cooking, check the recipe and make sure that you have enough of the right size mixing bowls, pots, pans and other equipment.

For groups larger than 50 people, special kitchen equipment can help make the job easier.

3. Keep food safe

It's important that the food you make is safe to eat:

- ✓ *Wash hands well before starting food preparation.*
- ✓ *Keep foods in the fridge if they need to be kept cold. Foods that need to be kept in the fridge are: eggs, milk, cheese, meat, chicken and fish. Opened cans or jars of meat and fish, such as chicken or tuna, should also be kept in the fridge.*
- ✓ *Opened sauces and dips, like mayonnaise and ranch dressing, should also be stored in the fridge.*
- ✓ *Thaw meat, chicken and fish on the bottom shelf of the fridge.*
- ✓ *Keep foods in the oven or on the stove, if they need to stay hot.*
- ✓ *Put leftovers in the fridge, right after the meal is over.*
- ✓ *Cook leftover country food that has been served raw.*
- ✓ *Store dry foods in a closed space, such as the pantry or food cupboard.*



KITCHEN TOOLS

For mixing, measuring, grating and cutting



Tongs



Measuring cups



Slotted spoon



Mixing bowls
6 cup, 8 cup, 12 cup and 20 cup



Whisk



Cheese grater



Wooden or plastic spatula



Wooden spoons



Knife and cutting board



Measuring spoons



Ladle

For stove-top cooking



Pot (20 cup/5 quart)



Stock pot with lid
(24 cup/6 quart,
64 cup/16 quart)



11-inch non-stick
frying pan



Griddle

For baking



Cookie sheet



Baking pan
(13"x9")



Muffin tins
(12 cup)
and mini muffin tins

FOOD AND COOKING NAMES

100% juice: Look for 100% juice on the label when choosing juice for the breakfast program. This means that the drink contains only the juice of fruit, with no sugar added.

Baking powder: An ingredient used in baking that causes batter or dough to rise. You can use baking powder instead of baking soda in a recipe, but you can't use baking soda instead of baking powder.

Baking soda: An ingredient used in baking that causes batter or dough to rise.

In a recipe that calls for baking soda, you should put the batter in the oven as soon as the liquid and dry ingredients are mixed. If you don't, the result will be flatter and denser.



Barley: This cereal grain is rich in fibre. It has a chewy texture with a nutty flavour and is often used in soups and stews. See the Barley Soup recipe on page 24. Barley is grown in Canada.

Batter: A semi-liquid mixture, usually made of flour, eggs and milk. Examples are pancake and muffin batter.

Burrito: A Mexican dish made with a flour tortilla that is folded and rolled to completely enclose the filling. Fillings can be things such as scrambled eggs, shredded or chopped meat, refried beans, grated cheese and vegetables. Salsa is a common addition.



Fruit drink: This is a mixture of sugar, water and fruit flavouring. It may contain some fruit juice, but not 100%. It should not be served in breakfast programs.

Lentils: These small, round discs have an earthy flavour and are rich in protein, fibre, vitamins and minerals. They can be found canned or dry. Red split lentils are added dry to the Barley Soup recipe on page 24. Split lentils cook more quickly than whole lentils, but either type would work in this soup recipe which is ready in 30 minutes. Lentils are grown in Canada.



Skim milk powder: Skim milk that has had the water in it removed. That way it can be stored without refrigeration. It is just as healthy

as other milks. It should be made ahead and served cold (see page 41, to see how to make milk using skim milk powder).

Smoothie: A beverage made in the blender that usually contains yogurt or milk and fresh or frozen fruit and ice. It is popular with kids and very healthy.

Sour milk: This is milk that tastes tart or sour and is slightly acidic. Sour milk is made by adding lemon juice or vinegar to regular milk. It is important to the success of some recipes, like Berry Bran Muffins (page 31).

UHT milk: Milk that has been heated to a high temperature so that it can be stored without refrigeration. UHT stands for Ultra High Temperature. You can find it in 1 litre boxes on the store shelf. Once it is opened, it must be kept in the refrigerator.

Wheat bran: The outer layer of grains of wheat. It is removed when making white flour. It is used in the Berry Bran Muffins (page 28) and Morning Glory Muffin Bars (page 31) recipes and is very rich in fibre. Ask your store manager to order it if you can't find it on the store shelves.



Wheat germ: The inside of a grain of wheat. It is removed when making flour. It is used in the Granola recipe and is rich in vitamins and minerals. Ask your store manager to order it if you can't find it on the store shelves.

White flour: Made from grains of wheat. Many healthy parts of the grain are removed during processing.

Whole grain: Whole grains are less processed than refined grains like white flour and white rice. This means the healthy parts have not been removed during processing. Examples are rolled oats, Red River cereal, brown and wild rice, barley, awhole corn meal, quinoa and popcorn.

Whole wheat flour: Made from grains of wheat. It contains more of the whole grain than white flour and is a better source of fibre.

HOT BREAKFASTS





HARD-COOKED EGGS

Preparation time: 5 minutes

Cooking time: 15 minutes

Equipment: large pot (5 quart is big enough for 20–25 eggs, use 2 pots for 50) tongs or slotted spoon

Serving Size: 2 eggs

Ingredients	20 servings	50 servings
Eggs, large	40 eggs	100 eggs

Steps:

1. Put whole eggs in large pot. Be careful not to crack them.
2. Cover with water and place on stove.
3. Turn heat to medium high and bring water to a simmer. Simmer means there are very small bubbles starting to break at the surface.
4. Reduce heat and continue to simmer for 8–10 minutes.
5. Remove eggs from water using slotted spoon or tongs. Place in large bowl.
6. Rinse with cold water and serve. Rinsing with cold water makes them easier to peel and prevents a green ring from forming around the yolk.

Serving idea: Offer eggs with a slice of toast and fruit, if available.

TIP

Hard-cooked eggs can be stored in the fridge for up to 3 days.



Brown eggs are the same, on the inside, as white eggs!



SCRAMBLED EGGS

Preparation time: 10 minutes

Cooking time: 10 minutes

Equipment: 11-inch non-stick frying pan (this is big enough for 20–25 eggs) or griddle, wooden spatula or wooden spoon, large mixing bowl (6 cup bowl for 20 eggs, 12 cup bowl for 50 eggs), whisk, measuring cups and spoons.

Serving size: ¼ cup (1 egg)

Cheese adds extra flavor and nutrition!



Ingredients	20 servings	50 servings
Eggs	20 eggs	50 eggs
Salt	1 teaspoon	2 teaspoons
Pepper	½ teaspoon	1 teaspoon
Vegetable oil, if pan is not non-stick	enough to coat bottom of pan	enough to coat bottom of pan
Cheese, shredded (optional)	1 ¼ cups	3 cups

Steps:

1. Break eggs into large mixing bowl. Add salt and pepper (and cheese, if using).
2. Using whisk, beat together egg mixture.
3. Put frying pan or griddle on medium-high heat and let it get hot. If you're not using a non-stick surface, spread oil on the pan or griddle.
4. Pour eggs into frying pan or on the griddle and reduce heat to medium-low.
5. Wait 1–2 minutes for eggs to begin to set. Stir gently with wooden spoon or spatula until eggs form large, soft curds. They should not turn brown.

Serving idea: Serve warm, with a slice of bread or toast and dried or fresh fruit, if available.

TIP

Scrambled eggs can be covered and kept warm, in 200 degree oven, until ready to serve.



BREAKFAST SANDWICH

Preparation time: 15 minutes

Cooking time: 10–15 minutes

Equipment: 11-inch non-stick frying pan (this is big enough for 20–25 eggs) or griddle, whisk, multiple slot toaster or conveyor toaster or baking sheets, measuring cups and spoons, cheese grater

Serving size: 1 sandwich

Ingredients	20 servings	50 servings
Scrambled eggs	20	50
Whole wheat English muffins	20	50
Cheese, shredded	1 ¼ cups	3 cups

Steps:

1. Make scrambled eggs (without cheese), using the recipe on the previous page.
2. Split English muffins in half and toast. To toast many at once, place the English muffins on baking sheets, under a broiler. Watch carefully, so they don't burn.
3. Top a muffin half with about ¼ cup of scrambled egg, then 1 tablespoon cheese.
4. Top with second muffin half.

Serving idea: Serve warm, with 100% fruit juice or water.

TIP

Use toast or tortillas instead of English muffins. For tortillas, put ingredients in the middle of a tortilla, fold up one end, roll and serve.



BREAKFAST BURRITO

Preparation time: 10–20 minutes

Cooking time: 10–20 minutes

Equipment: non-stick frying pan (11-inch pan can cook 20–25 eggs), large mixing bowl (6 cup bowl for 20 eggs, 12 cup bowl for 50 eggs), whisk, wooden spatula or spoon, cheese grater

Serving size: 1 burrito (½ cup of filling)

Ingredients	20 servings	50 servings
Eggs, large	20	50
Pepper	1 teaspoon	2 teaspoons
Chili powder (or more to taste)	1 teaspoon	2 teaspoons
Cheddar cheese, shredded	1 ½ cups	4 cups
Corn, frozen and thawed, or canned	2 cups	5 cups
Green or red peppers, finely chopped	1 cup	2 ½ cups
Vegetable oil, if pan is not non-stick	enough to coat bottom of pan	enough to coat bottom of pan
Salsa (optional)	1 ¼ cup	3 cups
Small whole wheat tortillas (7" diameter)	20	50





Steps:

1. Break eggs into large mixing bowl. Add pepper and chili powder.
2. Using whisk, beat eggs, pepper and chili powder, until well mixed.
3. In another bowl, mix together cheese, corn and green or red pepper.
4. Put frying pan on medium-high heat and let it get hot. If frying pan does not have a non-stick finish, coat bottom of pan with oil.
5. Pour eggs into the frying pan and reduce heat to medium-low. This might need to be done in batches.
6. Wait 1–2 minutes for eggs to begin to set. Stir gently with wooden spoon or spatula, until eggs form large, soft curds. Cook until almost firm.
7. Add vegetable and cheese mixture to pan and gently mix with eggs. Cook until cheese is melted and vegetables are warm. Remove pan from heat.
8. Put about ½ cup cooked egg and vegetable mixture in the middle of each tortilla. If using salsa, spread 1 tablespoon down the middle of the egg mixture.
9. Fold in one end of the tortilla and then roll up.

Serving idea:

1. Keep warm in 200 degree oven, until ready to serve.
2. Serve with orange slices or an apple and a glass of water.



TIP

*This makes a great
'Grab and Go'
breakfast!*



OATMEAL

Preparation time: 5 minutes

Cooking time: 3–10 minutes

Equipment: large (20 cup/5 quart) pot with lid, long-handled spoon, measuring cups and spoons. If cooking for more than 20, you will need a pot that holds more than 20 cups, or several 20 cup/5 quart pots

Serving size: ¾ cup

Ingredients	20 servings	50 servings
Water	15 cups	38 cups
Skim milk powder (optional)	2 cups	5 cups
Salt (optional)	1 teaspoon	1 tablespoon
Oats (large flake or quick)	7 ½ cups	19 cups

TIP

Leftover oatmeal can be stored in the fridge for up to three days. To serve it again, heat it in a pot or microwave oven. You may need to add some extra water, if it is too thick.

Steps:

1. Measure water and pour into large pot. Heat to boiling.
2. Stir in salt and skim milk powder (if using).
3. Stir in the oats and let the pot start to boil again.
4. Reduce heat to low.
5. Stir every 2–3 minutes until the water has been soaked up (about 10 minutes for large flake and 3 minutes for quick oats). There is no need to increase cooking time for larger amounts.
6. Cover, remove from heat, and let stand for a minute or two.

Serving idea: Serve with milk and toppings such as fruit, nuts, sunflower seeds or cinnamon.



RED RIVER CEREAL®

Preparation time: 5 minutes

Cooking time: 10–15 minutes

Equipment: large (20 cup/5 quart) pot with lid, long-handled spoon, measuring cups and spoons. If cooking for more than 20, you will need a pot that holds more than 20 cups, or several 20 cup/5 quart pots.

Serving size: ¾ cup

Ingredients	20 servings	50 servings
Water	13 ⅓ cups	33 cups
Red River Cereal	3 ⅓ cups	8 ⅓ cups
Salt (optional)	1 teaspoon	1 tablespoon

Steps:

1. Measure water into large pot.
2. Add cereal and salt (if using), and stir to mix.
2. Heat over medium heat, stirring often, until mixture starts to boil.
3. Reduce heat to low and keep cooking for 5 more minutes, stirring at times.
4. Remove from heat, cover and let sit a few minutes, before serving.

Serving idea: Serve with milk and toppings such as fruit, nuts, sunflower seeds or cinnamon.

Red River Cereal is a type of porridge made of wheat, rye, and flax. It was created in 1924, in Manitoba, and is named after the Red River.

It has a chewier texture than oatmeal.



BANANA PANCAKES

Preparation time: 5–10 minutes

Cooking time: 10–30 minutes

Equipment: large mixing bowls (20 cup/5 quart for 20 servings), measuring cups and spoons, 11-inch non-stick frying pan(s) or griddle.

Serving size: Two palm-sized pancakes

TIP

Kids love these pancakes! They are so sweet and tasty they don't need syrup!

Try rolling pancake and dipping in yogurt.

Ingredients	20 servings	50 servings
Whole wheat flour	5 cups	12 ½ cups
Baking powder	7 teaspoons	6 tablespoons
White sugar	½ cup	1 ¼ cup
Milk	5 cups	12 ½ cups
Eggs	6	15
Vegetable oil	⅔ cup	1 ⅔ cups
Vanilla extract	2 teaspoons	5 teaspoons
Mashed banana	3 cups (9 bananas)	7½ cups (21 bananas)

Steps:

1. Combine dry ingredients: flour, baking powder and sugar.
2. In another bowl, whisk together the wet ingredients: milk, eggs, oil and vanilla extract. Add banana and mix again.
3. Pour wet ingredients into dry ingredients. Mix together, to make a smooth batter. The banana makes it a bit lumpy.
4. Brush a small amount of oil over the non-stick frying pan or griddle. Heat to a medium temperature.
6. Scoop batter with a ¼ cup measure and pour onto pan. Cook until bubbles form over the whole surface of the pancakes; the underside should be light brown.
7. Flip the pancake. Cook about 1–2 minutes more.

Serving idea: Serve hot, with yogurt, berries or applesauce.





OVEN-BAKED FRENCH TOAST

Preparation time: 10 minutes, plus 30 minutes soaking time

Cooking time: 35 minutes

Equipment: large baking sheets, large mixing bowls (8 cups/2 quart for 20 servings), whisk or fork, measuring cups and spoons, plastic wrap

Serving size: One slice

Ingredients	20 servings	50 servings
Vegetable oil	enough to coat baking sheets	enough to coat baking sheets
Whole wheat bread	20 slices	50 slices
Eggs	10	25
Milk	2 ½ cups	6 ¼ cups
Vanilla extract	2 ½ teaspoon.	2 tablespoon
Cinnamon	2 ½ teaspoon.	2 tablespoon

Steps:

1. Turn oven to 350°F (175°C).
2. Lightly grease baking sheets.
3. Place bread in a single layer in the baking sheets.
4. In a bowl, whisk together eggs, milk and vanilla extract.
5. Pour egg mixture over bread. Make sure each slice is covered.
6. Sprinkle lightly with cinnamon. Cover and refrigerate for 30 minutes.
7. Bake bread uncovered for 35 minutes or until golden and set (firm, no liquid) in the centre.

Serving idea: Serve hot, with yogurt, berries or applesauce.

TIP

While the bread and egg mixture is soaking, you can start prepping muffins or caribou stew for tomorrow's breakfast.

TIP

To make French toast on the stove top: Dip bread in milk and egg mixture. Cook in a lightly oiled non-stick pan or griddle, about 2 minutes on each side.



BARLEY SOUP

The students in Arviat love this soup! They eat it as a mid-morning snack.

TIP

Country food, like caribou, musk ox or seal would add great flavour and nutrition to this soup. Cut it into small pieces and add it at the beginning of cooking.

Preparation time: 10 minutes

Cooking time: 30 minutes

Equipment: large stock pot with lid (24 cups/6 quart for 20 servings, 64 cup/16 quart for 50 servings), measuring cups and spoons, wooden spoon

Serving size: 1 cup

Ingredients	20 servings	50 servings
Rice (not Minute)	1 cup	2 ½ cup
Lentils, red	1 cup	2 ½ cup
Barley, pot or pearled	1 cup	2 ½ cup
Chicken bouillon powder	4 level tablespoons	10 level tablespoons
Water	18 cups	45 cups

Steps:

1. Put all ingredients into large pot. Mix together.
2. Over medium-high heat, bring to a boil.
3. Turn heat to low, cover and cook until rice, barley, and lentils are tender (about 30 minutes). Stir every 5 minutes.

Serving idea: Ladle into mugs or bowls and serve.

NOTES



BAKED GOODS





BANNOCK

Preparation time: 10 minutes

Cooking time: 45 minutes

Equipment: measuring cups and spoons, wooden spoon, 8 cup/4 quart mixing bowl, baking sheet

Serving size: About the size of half a slice of bread

Ingredients	24 servings
Flour	5 cups
Baking powder	3 tablespoons
Skim milk powder	½ cup
Salt	1 teaspoon
Water	2 cups
Vegetable oil	½ cup
Raisins (optional)	1 cup

Steps:

1. Turn oven to 375°F (190°C).
2. Mix together flour, skim milk powder, baking powder and salt.
3. Add water and oil (and raisins, if used), and mix with dry ingredients.
4. Knead dough until smooth.
5. Shape into a flattened ball and place on baking sheet.
6. Bake for about 45 minutes.

Serving idea: Serve with fruit and a piece of cheese.

TIP

If you need more than 24 servings, make another batch, instead of doubling the recipe.

TIP

Try using 3 cups white and 2 cups whole-wheat flour.



BERRY BRAN MUFFINS

Preparation time: 10 minutes

Baking time: 25–30 minutes

Equipment: 2 large bowls (8 cup/2 quart for 24 muffins), measuring cups and spoons, mixing spoons, 2 or 4 12-cup muffin pans

Serving size: 1 muffin

Ingredients	24 muffins	48 muffins
Wheat bran	3 cups	6 cups
Whole wheat flour	2 cups	4 cups
White sugar	½ cup	1 cup
Baking powder	1 tablespoon	2 tablespoons
Baking soda	1 teaspoon	2 teaspoons
Salt	½ teaspoon	1 teaspoon
Eggs	2	4
Sour milk	2 cups	4 cups
Canola oil	⅓ cup	⅔ cup
Molasses	½ cup	1 cup
Blueberries	2 cups	4 cups

TIP

To make sour milk, add 2 tablespoons white vinegar or lemon juice to 2 cups of milk.

Let the milk sit for 5 minutes then stir. It will be thicker and a bit sour.

If you don't have molasses, use the same amount of brown sugar or dark corn syrup.

Steps:

1. Turn oven to 375°F (190°C). Line pans with paper liners, or lightly grease.
2. In a large bowl, whisk together dry ingredients: bran, flour, sugar, baking powder, baking soda and salt.
3. Whisk eggs with sour milk, oil, and molasses, in a separate bowl. Pour over dry ingredients and stir just until moistened. Add berries and fold in.
4. Use ¼ measuring cup to scoop into prepared muffin pans.
5. Bake in centre of oven for 25 minutes or until firm. Let cool in pan.

Serving idea: Serve with fruit and milk or 100% fruit juice.

BANANA OATMEAL MUFFINS

Preparation time: 10 minutes

Cooking time: 20 minutes

Equipment: 2 large (8 cup/2 quart for 24) mixing bowls, measuring cups and spoons, mixing spoons, fork, 2 or 4 12-cup muffin pans

Serving size: 1 muffin



Ingredients	24 muffins	48 muffins
Oats, quick cooking	1 cup	2 cups
White flour	1 cup	2 cups
Whole wheat flour	1 cup	2 cups
Brown sugar	½ cup	1 cup
White sugar	½ cup	1 cup
Baking soda	1 teaspoon	2 teaspoons
Salt	½ teaspoon	1 teaspoon
Cinnamon	½ teaspoon	1 teaspoon
Nutmeg	¼ teaspoon	½ teaspoon
Mashed bananas	2 cups (around 6 bananas)	4 cups (around 12 bananas)
Milk	1 cup	2 cups
Vanilla extract	2 teaspoons	4 teaspoons
Eggs	2	4
Oil	½ cup	1 cup

Steps:

1. Turn oven to 375°F (190°C). Line muffin pans with paper liners, or lightly grease.
2. In a large bowl, combine oats and both kinds of flour, brown sugar, white sugar, baking soda, salt, cinnamon and nutmeg.
3. In another bowl, combine mashed bananas, vanilla extract, eggs, oil and milk. Stir until well mixed.
4. Add wet mixture to flour mixture. Blend together with a wooden spoon. Make sure not to over mix.
5. Use ¼ cup measuring cup or ¼ cup ice cream scoop, to add batter to muffin pans.
6. Bake for 18–20 minutes, or until tops are brown and firm to touch. Let cool in pan.

Serving idea: Serve with fruit or a piece of cheese.

TIP

For younger kids, use mini muffin pans. These are better for small appetites.

APPLE AND CARROT MUFFINS

Preparation time: 10 minutes

Baking time: 25–30 minutes

Equipment: 2 large (8 cup/2 quart) bowls, measuring cups and spoons, mixing spoons, grater, 2 or 4 12-cup muffin pan(s)

Serving size: 1 muffin



Ingredients	24 muffins	48 muffins
Whole wheat flour	2 cups	4 cups
White flour	2 cups	4 cups
White sugar	1 cup	2 cups
Baking powder	1 tablespoon	2 tablespoons
Baking soda	1 teaspoon	2 teaspoons
Cinnamon	1 teaspoon	2 teaspoons
Carrots, grated	2 cups	4 cups
Apple, grated with peel	2 cups	4 cups
Raisins (optional)	1 cup	2 cups
Eggs	4	8 cups
Unsweetened applesauce	1 ½ cups	3 cups
Canola oil	½ cup	1 cup

TIP

One medium apple makes about 1 cup of grated apple.

Steps:

1. Turn oven to 350°F (175°C).
2. Line muffin pan with liners, or lightly grease.
3. In a large bowl, mix together dry ingredients: whole wheat flour, all-purpose flour, sugar, baking powder, baking soda and cinnamon.
4. Stir in carrot, apple and raisins.
5. In another bowl, whisk together eggs, applesauce and vegetable oil, until smooth.
6. Pour over dry ingredients and stir until just moistened.
7. Use ¼ measuring cup to scoop batter into prepared muffin pans. Bake for 25 minutes or until tops are firm to touch.
8. Let cool in pan for 10 minutes before removing. Move to rack, to let cool completely.

Serving idea: Serve with yogurt and a piece of fruit.

MORNING GLORY MUFFIN BARS

Preparation time: 10 minutes

Baking time: 25–30 minutes

Equipment: 2 large bowls (8 cup/2 quart for 24 servings) measuring cups and spoons, grater, baking pan (13" x 9" for 24 servings),

Serving size: 1 2-inch x 2-inch bar (about the size of a deck of cards)



Ingredients	24 Servings	48 servings
White flour	1 ½ cups	3 cups
100% bran cereal (All Bran)	1 ½ cups	3 cups
Sesame seeds	½ cup	1 cup
Baking powder	1 tablespoon	2 tablespoons
Cinnamon	1 teaspoon	2 teaspoons
Baking soda	½ teaspoon	1 teaspoon
Salt	Pinch	½ teaspoon
Egg	1	2
Plain yogurt	¾ cup	1 ½ cups
Brown sugar	½ cup	1 cup
Vegetable oil	⅓ cup	⅔ cup
Honey	2 tablespoons	4 tablespoons
Carrot, peeled and grated	1 ½ cups	3 cups
Raisins	½ cup	1 cup

Steps:

1. Turn oven to 350°F (175°C).
2. Lightly grease baking pan(s). If you are making the recipe for 48 servings use two 13" x 9" baking pans.
3. In large bowl, mix together dry ingredients: flour, bran cereal, sesame seeds, baking powder, cinnamon, baking soda and salt.
4. In the other large bowl, whisk together egg with yogurt, brown sugar, oil and honey.
5. Stir egg mixture into dry ingredients. Mix until wet.
6. Stir in carrots and raisins.
7. Spread mixture into prepared pan. Bake for 25–30 minutes or until the top is firm. Let cool in pan.

Serving idea: Cut into 24 bars per pan (4 rows by 6 rows) and serve with fruit or a piece of cheese.

TIP

Leftovers should be well wrapped, to prevent drying out. Bars can be frozen for up to 2 months.



GRANOLA

Preparation time: 10 minutes

Baking Time: 30 minutes

Equipment: 2 large bowls (12 cup/3 quart for 20 servings), measuring cups and spoons, mixing spoons, 2 9" x13" baking pans for 20 servings

Serving size: ½ cup

Ingredients	20 servings	50 servings
Rolled oats	5 cups	12 ½ cups
Sunflower seeds	1 cup	2 ½ cups
Wheat germ	½ cup	1 ¼ cups
Coconut	½ cup	1 ¼ cups
Cinnamon	1 teaspoon	2 ½ teaspoons
Canola oil	½ cup	1 ¼ cups
Corn syrup	½ cup	1 ¼ cups
Raisins	1 cup	2 ½ cups

TIPS

Should be stored in air-tight container. Does not need refrigeration.

Steps:

1. Heat oven to 325°F (160°C).
2. In large bowl, combine rolled oats, sunflower seeds, wheat germ, coconut and cinnamon.
3. In other bowl, combine canola oil and corn syrup.
4. Pour wet ingredients over dry ingredients and mix.
5. Pour into baking pan and bake for 15 minutes.
6. Remove from oven and stir. Bake for another 15 minutes.
7. Remove from oven. Stir and let cool.
8. Add raisins and mix together.

Serving idea: Use a ½ cup measure. Good served with milk or yogurt, or for munching on its own!





HEALTHIER MIXES

If your program uses muffin or pancake mixes, here are some ways to make them healthier:

Muffin mixes

Start with one package of muffin mix. Each package makes 24 muffins. Add one or two of these:

- ✓ *½ cup skim milk powder*
- ✓ *½ cup wheat bran + ½ cup extra water*
- ✓ *½ cup rolled oats + ½ cup extra water*
- ✓ *½ cup raisins*
- ✓ *1 cup mashed ripe banana (3 bananas) or frozen or fresh berries (blueberries or raspberries are best)*
- ✓ *milk or 100% orange juice, instead of water*

Pancake mix

Start with 2 cups of dry pancake mix. This makes 24 pancakes (4" diameter or palm sized). Add one or two of the following items to the mix:

- ✓ *½ cup skim milk powder*
- ✓ *¼ cup wheat bran*
- ✓ *1 cup mashed ripe banana (3 bananas)*
- ✓ *1 cup unsweetened applesauce*
- ✓ *1 cup chopped fruit (fresh, canned or frozen)*
- ✓ *milk, instead of water*
- ✓ *berries sprinkled on pancakes, before they are flipped*



COLD BREAKFASTS





TRAIL MIX AND MATCH

Preparation time: 5–10 minutes

Equipment: large bowl (20 cups/5 quart for 20 servings), mixing spoon, measuring cups, small clear bags or other small containers for serving

Serving size: ½ cup

Ingredients	20 servings	50 servings
Cold cereal	5 cups	12 ½ cups
Unsalted pretzel sticks	5 cups	12 ½ cups
Sunflower seeds	1 cup	2 ½ cups
Raisins	5 cups	12 ½ cups

Steps:

1. In large bowl, mix together all of the ingredients.
2. Measure ½ cup for each child.

Serving idea: Add yogurt or a slice of cheese, on the side. You can try using different cereals, nuts and dried fruits, for different flavours!

TIP

See page 40 for a list of recommended cold cereals.

Or use the granola recipe on page 32.



SUPER SMOOTHIE

Preparation time: 5 minutes

Equipment: blender or food processor, knife, measuring cups

Serving size: about 1 cup

Ingredients	10 servings
Yogurt	5 cups
Fruit, cut up, fresh, frozen or canned	5 cups
Milk or 100% juice	2 ½ cup
Ice cubes	16

TIP

When bananas are a good price, buy extras. Then remove peel, cut into chunks and freeze to use later in smoothies.

Steps:

1. Wash fresh fruit, before you put it in the blender.
2. Check how much your blender will hold. You might need to mix batches, if it's not big enough.
3. Put all ingredients into blender or food processor. Do not fill blender all the way to the top. It will overflow when you turn it on. Most blenders only make four servings at a time.
4. Blend until smooth. If you use frozen fruit, don't add ice.
5. If you need more servings, make smoothies in batches. If you're not using it right away, keep it in the refrigerator.

Here are some delicious fruit combinations for smoothies, but feel free to create your own:

- Strawberry and banana
- Strawberry and kiwi
- Blueberry and peach
- Pineapple and banana
- Mango and peach

Serving idea: Serve in a cup or glass. Use a 1 cup measure, so you don't run out.





FRUIT AND YOGURT PARFAIT

Preparation time: 5–15 minutes

Equipment: measuring cups, large spoons for scooping, serving bowls, glasses or cups

Serving size: 1 cup

Ingredients	20 servings	50 servings
Bite-sized fruit pieces, fresh, frozen or canned (drained)	10 cups	25 cups
Yogurt	10 cups	25 cups
Granola or cold cereal from recommended list	6 cups	15 cups

Steps:

For each serving:

1. Put $\frac{1}{4}$ cup cut-up fruit in the bottom of each small bowl or glass.
2. Cover fruit with $\frac{1}{4}$ cup yogurt.
3. Sprinkle 2 $\frac{1}{2}$ tablespoon cereal on top of the yogurt.
4. Add $\frac{1}{4}$ cup fruit on top of the cereal.
5. Add $\frac{1}{4}$ cup yogurt on top of fruit.
6. Top with remaining cereal.

Serving idea: Have the children assemble the parfaits themselves. Place a choice of 2 fruits, yogurt and cereal in separate bowls.



DIPS AND TOPPINGS

Here are some tips for healthy, tasty dips!

Store-bought dips:

- ✓ Salad dressings, low-fat
- ✓ Yogurt: Fruit-flavoured yogurts and vanilla yogurt make great dips for fruit, pancakes and French toast. Plain yogurt mixed with mayonnaise and seasoning makes a great savoury dip.
- ✓ Salsa
- ✓ Hummus (a delicious dip from the Middle East)

Some store-bought dips have too much sugar, fat and/or sodium (salt). Avoid these unhealthy dips and spreads:

- ✗ Whipped toppings
- ✗ Sour cream and cream cheese dips
- ✗ Chocolate-flavoured spreads
- ✗ Soya sauce

Homemade dip for country food and vegetables

Preparation time: 5 minutes

Serving size: around 1 tablespoon

Ingredients	20 servings	50 servings
Plain yogurt	1 cup	2 ½ cups
Low-fat mayonnaise	½ cup	1 ¼ cups
Dried onion flakes	1 teaspoon	2 ½ teaspoons
Dried dill	1 teaspoon	2 ½ teaspoons

Steps:

1. Mix together all ingredients.
2. Place a tablespoon on each child's serving dish.

TIP

Ask the store manager to order plain yogurt and hummus for your program.

Store leftover dips and salad dressings in the fridge.

SOME HEALTHIER COLD CEREALS

Here are some cold cereals that can be recommended for Nunavut breakfast programs:



PREPARING SKIM MILK POWDER

Skim milk powder costs much less than any other type of milk and is just as healthy. It is a little more trouble, since it must be mixed with water, but the cost savings are worth it. Generally, kids find it tastes good, when it's cold and served with cereal.

To make sure it tastes good and has all the bone and teeth-building nutrition as other types of milk, it needs to be mixed up properly.

Here's how to make milk from skim milk powder:

Preparation time: 5 minutes for mixing, 1 hour for chilling in the fridge

Equipment: measuring cups, 2-quart (or 2-litre), or larger, pitcher, long handled spoon

Serving size: ½ cup

Ingredients	16 servings
Skim milk powder	2 cups
Water	8 cups

Steps:

1. Measure 8 cups of water into pitcher.
2. Add 2 cups of skim milk powder and stir until there are no more lumps.
3. Place in fridge and let it get cold.

Each serving is ½ cup. If you need more than 16 servings, you will need to use several pitchers, or a bigger pitcher.

Please note: A litre is about the same as a quart. If you have a 2-litre pitcher, follow the instructions above.



COUNTRY FOOD





CARIBOU STEW

Preparation time: 30 minutes

Cooking time: 1½ hours

Equipment: large pot (6 quart/24 cup) with lid, cutting board, knife and/or ulu, wooden spoon, measuring spoons and cups, ladle

Serving Size: 1 cup

Ingredients	20 servings	50 servings
Vegetable oil	2 tablespoons	5 tablespoons
Caribou meat, cut into chunks	3½ pounds	8½ pounds
Onions, chopped	3	7
Rutabaga (turnip), chopped	1	2
Carrots, chopped	8	20
Barley	1¼ cups	3 cups
Water	8 cups	20 cups
Salt	1 tablespoon	3 tablespoons
Pepper	1 teaspoon	3 teaspoons
Chili powder (optional)	1–2 tablespoons	3–6 tablespoon

Steps:

1. Heat oil in pot on medium high. Add meat and onions. Cook until brown.
2. Stir in carrots, rutabaga, water, barley, salt, pepper, and chili powder.
3. Turn up heat and bring stew to boil.
4. Lower heat and let simmer. Cover the pot. Stir every 10 minutes.
5. Cook for 1½ hours, or until meat is tender.

Serving idea: Ladle stew into a bowl and serve with a glass of water.

TIP

Use 5 cups (12 cups, to serve 50) of frozen mixed vegetables, instead of fresh vegetables.

Frozen vegetables are easy to use and take less time to cook. Add them in the last ½ hour of cooking.



SERVING COUNTRY FOOD

TIP

For dry meat or fish, you will need about 1 ounce (30-40 grams) per child.

Preparation time: 10 minutes

Equipment: knife or ulu, scale, cutting board, measuring spoons, small paper cups (optional)

Serving size: 2 ounces (60 grams) country food

Ingredients	20 servings	50 servings
Country food, frozen or cooked	2 ½ pounds	6 ¼ pounds
Dip (yogurt dip on page 38 or low-fat salad dressing)	¾ cup	2 cups

Steps:

1. Cut country food into 2 ounce pieces. You can do this by weighing the first serving and then making the other portions about the same size.
2. Cut each 2 ounce (60 gram) piece into bite-sized pieces.

Serving idea: Place bit-sized pieces on child's plate or bowl. Serve with water.

PLEASE NOTE: POLAR BEAR MEAT AND UNTESTED WALRUS SHOULD NOT BE SERVED RAW.

Any leftover country food that has been served raw should be cooked right away. For more information, read the country food section in the *Breakfast Program Guidebook*.





FISH SPREAD

Preparation time: 10 minutes

Equipment: fork, spoon, 2 mixing bowls, measuring cups and spoons, knife, cutting board

Serving size: 2 tablespoons

Ingredients	20 servings	50 servings
Cooked fish (char or local fish) OR Canned salmon or tuna	5 cups (about 850 grams or 5 170-gram cans)	12 cups (about 2 kilograms or 12 170-gram cans)
Celery, finely chopped	¾ cup	2 cups
Dried cranberries (optional)	5 tablespoons	¾ cup
Mayonnaise	¾ cup	2 cups
Plain yogurt	¾ cup	2 cups
Dill, dried (optional)	2 tablespoons	5 tablespoons
Dry mustard	2 ½ teaspoons	6 teaspoons

Steps:

1. In large bowl, break up cooked fish with fork. If using canned fish, drain, and then break up with fork.
2. Add celery, and cranberries, if using.
3. In another bowl, stir together mayonnaise, plain yogurt, dill and dry mustard.
4. Add mayonnaise and yogurt mixture to fish. Mix well.

Serving idea: Serve with whole grain crackers, English muffins, bread, bannock or pita bread, along with fruit and a glass of water.

Some examples of healthier crackers:

- ✓ *Unsalted Soda Crackers*
- ✓ *Whole Wheat Less Salt Crackers*
- ✓ *Whole Wheat Melba Toast*
- ✓ *Whole Grain Rice Cakes*



GROUND CARIBOU SPREAD

Preparation time: 5 minutes

Cooking time: 15 minutes

Equipment: 11-inch frying pan, chopping board, knife, large spoon for stirring, measuring cup and spoons, grater

Serving size: 2 tablespoons

Ingredients	16 servings	48 servings
Chopped onion	½ cup	1 ½ cup
Vegetable oil	1 teaspoon	3 teaspoons
Ground caribou or musk-ox	1 pound	3 pounds
Mustard, dry	1 tablespoon	3 tablespoons
Montreal steak spice	1 teaspoon	3 teaspoons
Flour	2 tablespoons	6 tablespoons
Milk	¼ cup	¾ cup
Cheddar cheese, grated	1 cup	3 cups

TIP

If you do not have Montreal steak spice, use half garlic powder and half onion powder.

Steps:

1. Cook the onion in oil, over medium heat, until soft.
2. Add meat and cook until no longer pink.
3. Stir in mustard and steak spice.
4. Stir in flour, milk and grated cheese. Heat until cheese has melted.

Serving idea: Serve with whole grain crackers, pita bread, bread or bannock. If you have extra grated cheese, sprinkle a little on top.