



**...Naturally!**

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## Going with the Grain

### *Tips and Recipes for Vermont Morning<sup>®</sup> Cereal*

The suggested cooking time for Vermont Morning cereal is less than that of most other whole grain hot cereals and requires less water. Following ratios and cooking times suggested on the packaging creates a textured, thick, full-flavored hot cereal. Try experimenting with the amount of liquid added to get the consistency that suits your taste buds. For example, adding more water results in a smoother consistency.

**Got milk?** If you prefer using milk for your hot cereal instead of water, use the suggested grain-to-water ratio on the Vermont Morning package. Using milk instead of water makes a thicker consistency and can help boost your calcium intake. Juice can also be used as a substitute for water for a tangier flavor and added nutrients, such as vitamin C.

**Spice it up!** Make every Vermont Morning breakfast a new adventure with your favorite add-ins such as fruit, nuts, maple syrup, a touch of brown sugar or a pinch of nutmeg or pumpkin spice. How about vanilla, honey or dried fruit? Top with apple butter, pumpkin butter or yogurt. Get creative – surprise your family with a new flavor infusion every morning.

**Breakfast...for dessert?** Turn a Vermont Morning breakfast into a warm dessert by topping with vanilla or cinnamon vanilla ice cream. Layer the cereal and ice cream (and added fruit, if you like) for a parfait that's made in heaven...more specifically, Vermont!

**On a diet?** No worries for dieters – Vermont Morning cereal is a whole-grain, nutritious addition to any diet. In fact, it is approved by The South Beach Diet and provides just three Weight Watchers program points. Loaded with fiber and good-for-you carbohydrates, Vermont Morning is ideal for athletes, outdoor enthusiasts, and busy folks on the go. What better way to start the day than with a warm, hearty breakfast?

**So much more than hot cereal.** Using Vermont Morning in baked recipes is a tasty, easy way to slip whole grains into some of your family favorites. Add fiber to *muffins*, *scones*, or grandma's famous *oatmeal cookies*. This amazing hot cereal can be used to make *hash browns* without the

potatoes, *rice* without the rice, and *bread dressing* without the bread! By using a whole grain alternative to refined grain products, you can add taste and nutrition to traditional favorites.

## Vermont Morning Orange and Date Muffins<sup>®</sup>

These citrus-scented muffins make a hearty breakfast or snack. Bake up a batch on the weekend, wrap and freeze the leftovers for grab-and-go weekday breakfasts. To thaw muffins in the microwave, remove plastic wrap, rewrap in paper towel and microwave on defrost for 1 to 2 minutes.

- 2 large eggs
- 2/3 cup packed light brown sugar
- 2/3 cup buttermilk \*
- 1 1/2 tablespoons freshly grated orange zest (1-2 oranges)
- 1/3 cup orange juice
- 1/4 cup canola oil
- 1 teaspoon vanilla extract
- 1 1/2 cups Vermont Morning dry cereal (*not* cooked)
- 1 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 1 1/2 *ταρταροσβουκινγ ποωδερ*
- 1/4 teaspoon salt
- 3/4 cup chopped pitted dates
- 1/3 cup coarsely chopped walnuts *or* hazelnuts (optional) (1 1/4 ounces)

1. Preheat oven to 400°F. Coat 12 standard-size (2 3/4-by 1 1/4-inch) muffin cups with cooking spray or line with paper liners.

2. Whisk egg, sugar, buttermilk, orange zest, orange juice, oil and vanilla in a medium bowl. Stir in Vermont Morning cereal and let mixture sit to soften the grains while you prepare the next steps. (You can prepare to this point and refrigerate overnight and bake in the morning.)

3. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a large bowl. Add the egg mixture to the flour mixture and combine with a rubber spatula just until the dry ingredients are moistened. Fold in dates or dried cranberries. Scoop batter into the prepared muffin cups, about 3/4 full. Sprinkle tops with walnuts or hazelnuts (optional).

4. Bake muffins until slightly browned and tops spring back when touched lightly, about 18 to 20 minutes. Let cool in pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly.

Makes 12 muffins.

*High altitude variation:* Add 2 tablespoons of all-purpose flour and 1 tablespoon of water to the mixed ingredients.

\* Shelf-stable buttermilk powder is a convenient alternative to fresh buttermilk. Substitute according to package directions.

### Alternatives:

#### Lemon – Blueberry

Substitute 1 1/2 T lemon zest for the orange zest

Substitute 1 cup blueberries for the dates

#### Orange – Cranberry

Substitute 3/4 cup dried cranberries for the dates

#### Orange – Chocolate

Substitute 1/2 -3/4 cup semi-sweet chocolate chips for all or some of the dates

## Vermont Morning Scones<sup>®</sup>

*For a touch of extra sweetness, brush tops of warm scones with maple syrup.*

- 2 eggs
- 1 cup milk
- 2 teaspoons pure vanilla extract
- 1/4 cup honey
- 2 cups Vermont Morning<sup>®</sup> dry cereal (*not* cooked)
- 2 cups all-purpose flour (or whole wheat pastry flour)
- 1/4 cup of your favorite dried fruit
- 1 tablespoon baking powder
- 1 teaspoons salt (or to taste)
- 12 tablespoons (1 1/2 stick unsalted butter, melted)

1. Preheat oven to 350°. Lightly butter large baking sheet and set aside.
2. In medium bowl, whisk eggs until well combined. Add milk, vanilla, honey and whisk again. Stir in cereal and set aside for 10 minutes to soften. (You can prepare to this point and refrigerate overnight.)
3. In large bowl, stir together flour, dried fruit, baking powder and salt. Mix in melted butter, and then stir in cereal mixture until well combined.
4. Refrigerate about 10 minutes or until the dough is firm and workable.
5. Turn dough out onto floured work surface. Divide into three parts and press each into a 1-inch-thick circle. Cut each circle into wedges and transfer to a greased baking sheet.
6. Bake for 20 to 25 minutes or until golden brown.

Makes 2 dozen small scones.

## Vermont Morning Yankee Toast<sup>®</sup>

*A heart-healthy alternative to hash browns*

1. The night before baking, make 6-8 servings of Vermont Morning per the instructions. *Optional: Add salt and pepper to taste.* While still hot, pour the cereal onto a cookie sheet lined with plastic wrap. Spread evenly to the cookie sheet edges, about 1/2 inch thick. Smooth the top. Cover with plastic wrap, sticking it to the surface so the cereal doesn't dry out. Refrigerate overnight.
2. In the morning, using a spatula or knife, cut Vermont Morning into squares or shapes the size you'd like to serve. Cook as directed below. (To store for later, cover with plastic wrap and freeze in the pan. When frozen, separate the squares and stack together in plastic bags for small freezer storage.)
3. Fresh or thawed, place Yankee Toast<sup>®</sup> in a nonstick pan lightly coated with butter or canola oil on medium heat. Sauté both sides until golden and crisp.
4. Or, Place Yankee Toast<sup>®</sup> on a lightly oiled broiler pan. *Optional: Drizzle with maple syrup to prevent drying.* Broil both sides until golden and crisp.

### **Serving Ideas:**

Serve with hot Vermont maple syrup and fresh fruit with yogurt or sour cream on the side. (You can also cook the cereal with apples and raisins, dried apricots, cherries, blueberries or strawberries, so the fruit is inside each piece.)

## Vermont Morning Pilaf<sup>®</sup>

*Add whole grains to any meal with a savory Vermont Morning side dish.*

- 2 cups of Vermont Morning<sup>®</sup> dry cereal (*not* cooked)
  - 3 cups of water or chicken, beef or vegetable broth
  - 1 tablespoon butter or oil
  - ½ cup chopped onion
  - ½ cup chopped bell pepper
  - Seasonings of your choice, to taste
  - 2 teaspoons chopped garlic
1. Prepare 2 cups of Vermont Morning cereal (4 servings) according to package directions. *Optional: Instead of water, use chicken, beef or vegetable broth.*
  2. While the cereal cooks, melt a small amount of butter or oil in a frying pan. Chop onions and green pepper.
  3. Sauté the onions and cooked cereal with salt and pepper to taste.
  4. Add the prepared cereal and sprinkle with seasonings of your choice. Stir to break up the cereal into bits and sauté until crispy. Add the garlic near the end for maximum flavoring.
  5. Serve as an accompaniment to your main dish or as regular hash browns for breakfast.

Makes 4 servings.

***For more recipe ideas, please visit [www.vtmorning.com](http://www.vtmorning.com).***

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