

# A Taste of Sugar



A collection of recipes from the Canadian Sugar Institute

## Breakfast Energizes your Mind and Body

Starting the day with a healthy breakfast is important for adults and children alike. Eating a meal containing carbohydrates provides fuel for our brains and our bodies. Breakfast provides us with the energy needed to complete daily activities and can reduce feelings of hunger later in the day.

A well-balanced breakfast includes foods from at least 3 of the 4 food groups. For example:

- Small blueberry bran muffin, 1 cup of milk and an orange
- ½ cup of granola mixed into ¾ cup of yogurt and ½ cup of fruit juice
- 1 cup of milk and 2 slices of whole wheat toast topped with peanut butter and jam
- 1 cup of whole grain cereal and 1 cup of milk with half a banana and ¼ cup berries



**Nutrition Facts**  
(per ½ cup):  
Calories: 220  
Carbohydrate: 24 g  
Fat: 12 g  
Protein: 4.5 g

## ENERGIZING GRANOLA

This granola is great as a cereal, yogurt topper, or on its own as a snack. Be creative and substitute different grains, nuts, seeds, and dried fruit in the same amounts to suit your preferences.

4 cups	old-fashioned rolled oats	1 L
1 cup	assorted nuts (slivered almonds, crushed pecans, pine nuts, and/or peanuts)	250 mL
1 cup	assorted seeds (pumpkin, sesame, sunflower and/or flax seeds)	250 mL
½ cup	unsweetened flaked coconut	125 mL
1 tsp	cinnamon	5 mL
½ tsp	salt	2 mL
¼ cup	canola oil	50 mL
¼ cup	honey	50 mL
¼ cup	brown sugar	50 mL
½ tsp	vanilla extract	2 mL
1 cup	dried fruit (raisins, chopped dates, cranberries, and/or figs)*	250 mL

Preheat oven to 325°F (160°C). In a large bowl, combine grains, nuts, coconut, seeds, cinnamon and salt. In a small saucepan heat oil, honey, and sugar over low heat, stirring constantly. Add vanilla and then pour liquid mixture over grain mixture and stir until well combined. On a large baking sheet, spread granola evenly in a thin layer. (You will need to do this twice or use two sheets.) Bake 15-20 minutes, stirring every 5 minutes to keep from sticking or burning. (Do not overcook, granola can burn easily and will crisp more when cooled.) Allow granola to cool in the pan and stir in dried fruit. Store granola in an airtight container at room temperature for up to 1 week or in the freezer for up to 3 months. Makes 10 cups of granola.

\*Adding the dried fruit just before eating can help to keep it soft.

## BLUEBERRY BRAN MUFFINS

The blueberries and sugar in these muffins provide natural sweetness and an appealing taste and texture.

¾ cup	all-purpose flour	175 mL
¾ cup	whole-wheat flour	175 mL
⅔ cup	brown sugar, packed	150 mL
½ cup	bran cereal	125 mL
2 tsp	baking powder	10 mL
¼ tsp	salt	1 mL
½ cup	vegetable oil	125 mL
2	eggs	2
½ cup	milk	125 mL
1½ cup	blueberries, fresh or frozen	375 mL

Preheat oven to 425°F (220°C). Spray a 12-cup muffin pan with non-stick cooking spray or line with paper liners. In a large bowl, combine flours, sugar, bran cereal, baking powder and salt. In a medium bowl, whisk together the eggs, oil and milk. Stir egg mixture into flour mixture just until combined (be careful not to over-mix batter). Gently stir in blueberries. Spoon batter into muffin pan. Bake 18 minutes or until a toothpick inserted into the centre comes out clean. Cool 10 minutes and remove from pan. Makes 12 muffins.



**Nutrition Facts**  
(per muffin):  
Calories: 250  
Carbohydrate: 31 g  
Fat: 11 g  
Protein: 6 g



Nutrition Information Service

The Canadian Sugar Institute (CSI) Nutrition Information Service provides science-based information and resources on carbohydrates, sugars, and health to health professionals, educators and consumers.

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