



PRESS RELEASE

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Honoring Mom on Her Day with Healthy Brunch Ideas It's Easy and Fun, Especially When Family Members Get Involved

Creating a healthy and nutritious brunch for Mom on Mother's Day is easier than ever. Starting with whole or enriched grains will help you create a wholesome display that the entire family will enjoy. The following recipes, designed to be easy as well as healthful, pack nutritional benefits into foods that are pleasing to the eye as well as the palate.

Begin by getting kids involved. **Burrito Bunny Bites**, featured in the Wheat Foods Council's 35th anniversary cookbook, are an easy appetizer that kids can easily assemble. No cooking is required – just a few simple ingredients are all it takes to create these tasty and nutritious treats. Other great brunch additions include **Spiced Granola Pancakes** or **Strawberry and Yogurt Wheat Crepes**. Add your own favorite salads, sides and some fresh fruit to round out the meal. Finish your brunch with a special dessert of **Angel Sherbet Cake**. Using a store-bought angel food cake makes preparation simple.

Many of these suggested recipes are from the Wheat Foods Council's 35th anniversary cookbook, an ideal gift for Mom at \$3.50. You'll feel even better since a portion of the profits is going to Spoons Across America, a not-for-profit organization dedicated to educating families about the benefits of healthy eating. Feel free to visit the Wheat Foods Council website for more ordering information on this cookbook or to search for additional recipes at: www.wheatfoods.org.

MORE

Spiced Granola Pancakes

1 c fat-free milk

½ c applesauce

1 T fat-free vanilla yogurt

2 eggs

2 t grated orange peel

1 c all-purpose flour

½ c whole wheat flour

2 T sugar

1 t baking powder

½ t baking soda

1 t each ground ginger and cinnamon

1 t salt

Directions: In large bowl, combine milk, applesauce, yogurt, eggs and orange peel. In medium bowl, combine remaining ingredients. Stir the dry ingredients into the wet ingredients and mix just until dry ingredients are moistened. Do not over-mix.

Heat non-stick griddle to 350° F. For each pancake, pour ¼ cup of pancake batter onto hot griddle. Cook each side until puffed and dry around edges. Turn and cook 1 – 2 minutes longer or just until golden brown.

Yield: 12 pancakes

<http://www.wheatfoods.org/Cookbook-BunnyBurritoBites/Index.htm>

<http://www.wheatfoods.org/Cookbook-CookbookHome/Index.htm>

<http://www.wheatfoods.org/Cookbook-StrawberryWheatCrepes/Index.htm>

<http://www.wheatfoods.org/Angel-Sherbet-Cake.128.1.htm>

The Wheat Foods Council is a nonprofit organization formed in 1972 to help increase public awareness of grains, complex carbohydrates and fiber as essential components of a healthful diet.

The Council is supported voluntarily by wheat producers, millers, bakers, and related industries.

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