

# Breakfast in 9-Minutes or Less!!!

By Libby Mills

*60% adults skip breakfast  
25% children skip breakfast*

## 5 9-Minute Breakfast Wonders

- Cereal, fresh berries and skim milk (200 calorie)
- Peanut butter “schmeared” bagel and skim milk (260 calories)
- Vanilla fruit smoothie (200 calories)
- Autumn fruit wrap (300 calories)
- Western omelet and juice (245 calories)

### Fast Food that’s Not always Fast!

- Danish (500 calories)
- Pancakes and juice (470 calories)
- Sausage biscuit, hash browns and juice (630 calories)
- Biscuit, bacon, egg and cheese (440 calories)

*100 extra calories a day equals  
1 pound a year.*

### 9-Minute Actions to Burn Calories

- |  |    |
|--|----|
| • Going up one flight of stairs 3x/d   | 15 |
| • Walking the dog 9 min/day  | 42 |
| • 9 minutes of vegetable washing and chopping 2x/week                            | 20 |
| • Getting up, answering the phone; and standing during three 9-min conversations | 20 |

### 9-Minute Success Tips

- Plan ahead.
- Lay out ingredients, equipment and utensils the night before.
- Prepare extra chopped fruit and vegetables at dinnertime.
- Use a timer on the coffee pot.
- Use a thermal to-go cup for coffee.
- Single serve containers make measuring and storage easy.
- Use the freezer keep pre-chopped, pre-portioned veggies for a western omelet.
- Wash all fruit when you bring it home from the market.
- Use lemon juice to keep pre-sliced apples, pears and bananas from turning brown.
- Have frozen fruit and vegetables on hand.
- Soak all dirty utensils and cookware for easy clean up.

Professional **Living**

PO Box 41829 • Philadelphia • Pennsylvania • 19101  
Phone 215.546.1231 Fax 215.310.9611  
libby@professional-living.com www.professional-living.com

### **Vanilla Fruit Smoothie**

Makes 1 smoothie

#### ***Ingredients:***

1 cup fat-free vanilla yogurt  
1 medium-small piece of fruit, washed peeled, and sliced or  
    ½ cup chopped fruit or berries or  
    ¾ cup berries  
¼ cup uncooked oatmeal  
¼ teaspoon of cinnamon  
½ teaspoon vanilla  
4-5 ice cubes

#### ***Directions:***

Add all ingredients into a blender. Blend until mixed and smooth.

### **Seasonal Fruit Wrap**

Makes 1 wrap

#### ***Ingredients:***

1 8-inch whole-wheat tortilla  
1 medium-small piece of fruit, washed peeled, and sliced or  
    ½ cup chopped fruit or berries or  
    ¾ cup berries  
¼ cup low-fat ricotta cheese  
¼ teaspoon of cinnamon

#### ***Directions:***

Place tortilla on a plate or flat surface. Spread the ricotta cheese evenly across the center of the tortilla. Spoon or place the fruit evenly over the cheese. Sprinkle cinnamon evenly. And roll into a wrap.

#### ***Optional:***

Microwave 30 seconds or until warm.

If you will be taking your wrap to go, place a sheet of wax paper on the flat surface before starting. After the wrap is rolled, roll half of the wax paper around it. Stop and fold up the bottom of the paper, and finish rolling.

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