

Easy Tips Bring Antioxidant Bonus to Morning Meals

	Breakfast Basic	Easy Flavor Tip	Antioxidant Bonus
At Home Weekday	Toast & Spread	Spread this on your morning toast instead of sugary jams and jellies. Mix 1 package (8 ounces) Neufchâtel cheese (1/3 less fat than cream cheese), softened, 2 tablespoons honey and 1/2 teaspoon McCormick Ground Cinnamon until well blended. (Serves 8)	One serving of Ground Cinnamon flavored spread adds more antioxidants than 1/3 cup of fresh spinach.
	Scrambled Eggs	Sprinkle 1/4 teaspoon of McCormick Ground Black Pepper on your scrambled eggs.	1/4 teaspoon Ground Black Pepper adds more antioxidants than 1/2 cup chopped watermelon.
	Coffee	Perk up your morning coffee by sprinkling McCormick Ground Cinnamon over coffee grounds before brewing.	1/2 teaspoon Ground Cinnamon adds more antioxidants than 1/4 cup raspberries.
On the Go	Parfait	Add a little fun to your yogurt by mixing 1 container (6 ounces) plain or vanilla Greek-style yogurt, 1 tablespoon maple syrup or honey, 1/2 teaspoon McCormick Ground Cinnamon and 1/4 teaspoon McCormick Ground Ginger . Layer with granola and your favorite fruit such as sliced bananas, sliced apples or fresh berries.	1/2 teaspoon Ground Cinnamon and 1/4 teaspoon of Ground Ginger add more antioxidants than 1/4 cup blueberries.
	Smoothie	Place 1 small ripe banana, sliced, 1 cup frozen strawberries or blueberries, 1 container (6 ounces) vanilla Greek-style yogurt, 1/2 cup orange juice, 1 tablespoon honey and 1/2 teaspoon McCormick Ground Cinnamon in blender. Blend on high speed until smooth.	1/2 teaspoon of Ground Cinnamon adds more antioxidants than 4 medium carrots.
	Yogurt	Mix 1 container (6 ounces) plain or vanilla Greek-style yogurt, 1 tablespoon maple syrup or honey, 1/2 teaspoon McCormick Ground Cinnamon and 1/4 teaspoon McCormick Ground Ginger .	1/2 teaspoon Ground Cinnamon and 1/4 teaspoon of Ground Ginger add more antioxidants than 1 1/2 cups chopped sweet red pepper.

	Breakfast Basic	Easy Flavor Tip	Antioxidant Bonus
At the Office	Oatmeal	Sprinkle McCormick Ground Cinnamon on your morning oatmeal to perk up your day. For an extra flavor twist, try adding dried cherries with sliced almonds or walnuts.	1/4 teaspoon Ground Cinnamon adds more antioxidants than 1/2 cup sliced kiwi.
	Fruit Cup/Salad	For a fresh pick-me-up, sprinkle 1/4 teaspoon McCormick Ground Ginger on store-bought fruit cups or homemade fruit salad.	1/4 teaspoon of Ground Ginger adds more antioxidants than 3/4 cup chopped watermelon.
At Home Weekend	Muffins	Prepare muffin mix as directed on package, add 1 teaspoon McCormick Ground Cinnamon and 1/3 cup dried fruit, such as raisins and cranberries, or chopped walnuts or pecans.	1 teaspoon of Ground Cinnamon adds more antioxidants than 2 1/2 ounces of almonds to your batch of muffins.
	Omelet	<p>Beat 3 eggs and 1/4 teaspoon McCormick Oregano Leaves or Rosemary Leaves. Sauté 1/2 cup chopped vegetables in 1 teaspoon hot olive oil in nonstick skillet. Add egg mixture; cook until just set. Sprinkle with 1/2 cup shredded reduced fat cheese. Fold over.</p> <ul style="list-style-type: none"> • For Italian Omelet, use vegetables such as red bell pepper, onions, tomatoes and mushrooms, and mozzarella cheese. • For Mediterranean Omelet, use spinach and feta cheese. 	<p>1/4 teaspoon Rosemary adds more antioxidants than 1/2 cup pineapple.</p> <p>1/4 teaspoon Oregano adds more antioxidants than 1 cup eggplant.</p>
	Breakfast Burrito	Beat 4 eggs, 1/4 cup reduced-fat milk, 1/2 teaspoon McCormick Oregano Leaves and 1/4 teaspoon each McCormick Garlic Powder and McCormick Ground Black Pepper . Sauté 1 cup chopped vegetables in 1 tablespoon hot olive oil in nonstick skillet. Add egg mixture; scramble. Stir in 1 cup shredded reduced fat cheese. Spoon into 4 whole wheat tortillas.	This spice blend adds more antioxidants than 1 cup of broccoli.

Looking for more ways to a healthier, more flavorful breakfast? Visit www.spicesforhealth.com for additional tips and recipes. For more information, contact Laurie Harrsen at 410-527-8753 or laurie_harrsen@mccormick.com.