



BUSTLING BREAKFAST RECIPES

by Cynthia Lair

Orange Hazelnut Muesli

Muesli is handy for camping trips and hurried breakfasts. Preparing rolled oats this way gives them a slightly different texture you'll enjoy.

2 cups boiling water
2 cups rolled oats or rolled barley (or some of both)
1/3 cup hazelnuts, chopped
1/3 cup raisins
1/2 teaspoon cinnamon
Juice of 2 oranges

Optional toppings:

Grated apple
Sliced pears
Dollop of plain yogurt

Place grain, nuts, raisins, and cinnamon in mixing bowl. Pour boiling water over mixture and stir. Juice oranges; add juice to mixture and stir again. Cover bowl with plate or cloth and allow moisture to soften grains overnight. Serve topped with apple, pear, and/or yogurt.

Preparation time: 10 minutes (excluding overnight)

Makes: 4 servings

FOR BABIES 6 MONTHS & OLDER: Steam some apple or pear slices until soft. Puree and serve.

VARIATION FOR CHILDREN: Some may prefer a plainer muesli. Omit nuts and raisins, and let others who enjoy them add them as toppings in the morning.