**Cinnamon Oatmeal Breakfast Pudding**

**Ingredients:**
- 2 cups water
- 1/4 tsp salt
- 4 eggs
- 1/4 cup skim/1% milk
- 1/2 tsp cinnamon
- 1/2 tsp vanilla
- 1 1/4 cups quick cooking oats (not instant)
- 1 1/3 cups skim/1% milk
- 1/4 cup dried cranberries or raisins
- 4 tsp granulated sugar

**Directions:**
1. In medium saucepan over high heat, bring water and salt to a boil.
2. In medium bowl, whisk together eggs, 1/4 cup milk, cinnamon and vanilla.
3. Stir contents of bowl into boiling water and reduce heat to medium-low.
4. Stir in oats.
5. Simmer until desired consistency (approximately 5-6 minutes), stirring occasionally.
6. Spoon into bowls, top each serving with milk, sugar and cranberries.
7. Enjoy!

**Options:**
- To reduce sugar – omit sugar topping and add sliced fresh fruit instead of dried fruits
- To reduce sodium – omit the added salt

**Nutritional Info per Serving:**
- 270 calories
- 7 g fat, 2 g saturated fat, 0 g trans
- 36 g carbohydrates, 4 g fibre, 14 g sugar, 14 g protein
- 260 mg sodium

**Makes 4 servings**
Preparation time: 4 minutes
Cooking time: 8 minutes

Recipe adapted from: http://www.eggs.ca/recipes/allrecipes.asp

**Eggs are a source of high quality protein!** Protein is essential for the body. It is needed to make hormones, antibodies, enzymes, muscles, skin, hair and organs.

**SOME SIMPLE IDEAS TO SPICE UP RECIPES THAT INCLUDE EGGS!**
- Eggs are very versatile! –You can mix things up a bit by using different cooking styles when preparing your eggs (scrambled, poached, hard-boiled, baked, devilled, soft-cooked, microwaved, soufflé, quiche, fried, pickled…)
- Try adding cut fresh vegetables to an omelette, frittata or quiche (broccoli, asparagus, apple, mushroom) or some shrimp or crab meat to your favourite devilled egg recipe.
FACTS ABOUT EGGS

- Eggs contain all 9 essential amino acids – making them a complete protein food
- Eggs are one of the few foods that naturally contain vitamin D
- There are no nutritional differences between white eggs and brown eggs
- The major source of the egg’s vitamins and minerals are found in the egg yolk
- 1-2 eggs provide 1 serving from the Meat and Alternatives group in Canada’s Food Guide to Healthy Eating.
- Eggs are part of the Heart and Stroke Foundation of Canada’s Healthy Check™ program – designed to help consumers make wise food choices.
- Researchers from Yale recently conducted a study showing that eating eggs every day does not increase levels of bad cholesterol in the blood in healthy adults. At the end of the 6 weeks, levels of bad cholesterol (LDL) and total cholesterol did not increase in those that consumed 2 eggs per day, and the functioning of their arteries was not affected.
- Researchers at the University of Connecticut have shown that eating three eggs a day does not raise heart disease risk factors in healthy elderly people. In this study, 42 subjects aged 60 or older ate three eggs a day for one month versus no eggs for one month to determine the effects on the LDL:HDL ratio. Although both rose slightly, the ratio between the two did not change, therefore showing no increased risk for heart disease among the participants.

Additional information on egg research is available at http://www.eggs.ca/nutrition/research/research.asp

NUTRITION FACTS (Per 1 large egg)

<table>
<thead>
<tr>
<th>AMOUNT</th>
<th>% DAILY VALUE</th>
<th>CALORIES</th>
<th>Fat</th>
<th>Saturated</th>
<th>Trans</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrate</th>
<th>Fibre</th>
<th>Sugar</th>
<th>Protein</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Calcium</th>
<th>Vitamin D</th>
<th>Vitamin E</th>
<th>Riboflavin</th>
<th>Niacin</th>
<th>Vitamin B12</th>
<th>Folate</th>
<th>Folate</th>
<th>Folate</th>
<th>Calcium and Vitamin D</th>
<th>Helps to keep teeth and bones healthy and strong</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>70</td>
<td>8%</td>
<td>5 g</td>
<td>1.5 g</td>
<td>0 g</td>
<td>190 mg</td>
<td>55 mg</td>
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<td>0 g</td>
<td>6 g</td>
<td>8%</td>
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<td>2%</td>
<td>8%</td>
<td>10%</td>
<td>15%</td>
<td>6%</td>
<td>30%</td>
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<td>15%</td>
<td>Helps maintain healthy skin, eye tissue and assists in night vision.</td>
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<td>Fat</td>
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<td>Helps to keep body tissues healthy.</td>
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<td>Saturated</td>
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<td>Helps to protect against heart disease.</td>
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<td>Cholesterol</td>
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<td>Helps release energy and promotes normal nerve cell function.</td>
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<td>Acts as an antioxidant that protects against some cancers and particularly aids in protection of vitamins C and A.</td>
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<td>Helps to keep teeth and bones healthy and strong.</td>
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<td>Helps maintain and produce new cells, especially red blood cells.</td>
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<td>Maintains healthy blood and carries oxygen to cells in the body.</td>
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<td>Helps maintain a strong and healthy immune system.</td>
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