Nature's Own

We Are Nature's Baker.

eRecipe Club

Newsletter Issue: May 2009

Dear Club Member,

We've been hard at work developing an exciting new line of Nature's Own English Muffins and Bagels. And our hard work has paid off deliciously!

We are proud to introduce the following new Nature's Own varieties:

- Blueberry Bagels
- Everything Bagels
- Cinnamon Swirl Bread
- 100% Whole Wheat Bagels
- 100% Whole Wheat English Muffins
- 100 Calorie Multigrain English Muffins

Broaden Your Bread Horizons!

They're not just for breakfast anymore! Expand your sandwich options this spring with delicious new varieties of Nature's Own English Muffins and Bagels.Then try our easy serving suggestions for more creative ways to enjoy these special breads.

While they're all great simply toasted for breakfast or a snack, don't stop there. Enjoy our English Muffins and Bagels for lunch and dinner, too, with these satisfying sandwich recipes.

Eat well and be well,

Flowers Foods Kitchen Staff

Ham, Asparagus & Swiss Muffinini

Featuring Nature's Own
100% Whole Wheat English Muffin

What do you call panini made with English muffins? Muffinini, of course! Fresh asparagus spears, smoked ham and Swiss cheese make this spring sandwich ideal for lunch or brunch.

Salmon Caesar Salad Sandwiches

Featuring Nature's Own 100% Whole Wheat Bagel

Toasted whole wheat bagels are filled with a sumptuous salad of salmon chunks, shredded lettuce and creamy Caesar dressing.

Chicken, Grape & Pecan Salad Sandwiches

Featuring Nature's Own 100 Calorie Multigrain English Muffin

This creamy chicken salad is sure to become a favorite! It's loaded with great flavors and textures—sweet grapes, crunchy pecans, tender chicken chunks, lemon, tarragon—and served on crisp English muffins.

Portobello Cheddar Melts

Featuring Nature's Own Everything Bagels

Meaty portobello mushrooms replace the usual burger in these melts. Add caramelized onions, Cheddar cheese and tomato layered on buttery toasted bagels and you'll never miss the beef.

Bagel & English Muffin Serving Suggestions

Try these easy ideas for serving Nature's Own Bagels and English Muffins as appetizers or snacks, on salads and alongside soups. They're especially great when you have a few extra on hand to use.

Garlic-Herb Bagel Crisps

Split Nature's Own 100% Whole Wheat or Everything Bagels in half. Cut each half crosswise, then cut each quarter lengthwise forming 8 thin pieces. Combine extra-virgin olive oil, minced garlic and minced fresh herbs. Brush over 1 side of bagel pieces. Place in single layer on foil-lined baking sheet. Sprinkle lightly with kosher salt. Bake in 400°F oven for 10 to 12 minutes or until brown and crisp; cool. Serve with soups or top with your favorite creamy appetizer spread.

Easy Bruschetta

Split Nature's Own 100% Whole Wheat or 100 Calorie Multigrain English Muffins; cut each half into 2 pieces. Brush with olive oil; broil until toasted. Top with chopped, seeded plum tomatoes, a drizzle of balsamic vinaigrette, and a sprinkle of grated Parmesan cheese. Garnish with fresh basil leaves. Serve as appetizers.

Quick Fruit Butter

Beat 1 stick unsalted butter, softened, with 1/2 cup fruit preserves and 1/8 teaspoon salt. Spread over toasted Nature's Own Bagels and English Muffins. Store in a covered container in the refrigerator.

Cheesy Bacon Muffin Toasts

Top toasted Nature's Own English Muffin halves with shredded Cheddar cheese and bacon bits. Broil until cheese melts. Cut in half. Serve with soup or as appetizers.

Super Easy Garlic Bread

Broil Nature's Own English Muffin or Bagel halves until toasted. Peel garlic cloves and cut in half lengthwise. Rub cut side of garlic over hot surfaces of toast. Drizzle with extra-virgin olive oil.

Parmesan Bagel Croutons

Cut Nature's Own Bagel halves into 1-inch pieces; place on foil-lined baking sheet. Drizzle with olive oil; toss to coat. Sprinkle with grated Parmesan cheese and Italian seasoning. Season with salt and pepper; toss again. Spread out in single layer. Bake in 325°F oven 20 to 25 minutes or until crisp and browned, stirring after 10 minutes. Cool. Serve over salads or as a snack.

Click here to view more healthy recipe ideas from Nature's Own.
*Cobblestone Mill and Nature's Own are brands from Flowers Foods.
©2008 Flowers Foods. U.S.

FlowersFoods

Click here for a printable version of this newsletter.

Click here to unsubscribe from our mailing list.