



We Are Nature's Baker.

eRecipe Club

Newsletter Issue: May 2008

Dear Club Member,

Spring has sprung along with events to celebrate! If you're hosting a family gathering, a graduation, or bridal shower, why not serve brunch? A weekend brunch makes entertaining a breeze and leaves the rest of the day free for other activities.

Our new Nature's Own Breakfast Breads, English Muffins, and Bagels are ideal for quick weekday breakfasts or leisurely weekend mornings. Try one of our easy entrée recipes for a healthy and delicious start to your day or special gathering.

Eat well and be well,

Flowers Foods Kitchen Staff



FEATURED RECIPES

Morning Melt



Crisp English muffins layered with Canadian bacon, scrambled eggs, and cheese are broiled for easy and irresistible breakfast sandwiches.

Cinnamon-Buttermilk French Toast with Strawberries



Buttermilk adds a tangy twist to French toast made extra-special with cinnamon raisin bread and a topping of fresh spring strawberries.

RISE and Shine

Breaking the fast of eight to twelve hours without food makes breakfast the most important meal of the day. Check out our Breakfast Benefits and you'll be motivated to enjoy breakfast each and every morning.





Sweet & Savory Skillet Strata

Sweet cranberry raisin bread and apples merge deliciously with savory ham, cheese, and onions in this skillet-baked strata that's ideal for entertaining.

[<< Click the card for recipe](#)

Breakfast Benefits

Learn why breakfast is the most important meal of the day from nutritionist Dr. Karin Kratina:

- Food is fuel and we need this fuel to get our motors up and running each morning. Skip breakfast and your energy level will be low.
- Breakfast also contributes to better health and mental alertness.
- Breakfast can stimulate weight loss by revving up your body's metabolism.
- Eating a nutritious breakfast helps you eat healthier all day long. If you're ravenous at lunch, you risk choosing convenient, high-calorie foods to satisfy your hunger rather than healthier choices.
- Making healthier choices for lunch can help with successful weight management.
- Breakfast should be enjoyable and contain a balance of carbohydrate, protein, and a small amount of fat. This ensures you won't become too hungry before lunchtime.

Ranchero Egg Sandwiches



Toasted English muffins replace tortillas in this tantalizing version of huevos rancheros.

Hot Brown Sandwiches



This decadent turkey sandwich from the Brown Hotel in Louisville, Kentucky is smothered in creamy Parmesan sauce and topped with crisp bacon. Serve for brunch, lunch, or dinner!



[Click here](#) to view more healthy recipe ideas from Nature's Own.

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