

minutes or until a toothpick inserted in the centre comes out clean. Serve warm. Makes 12 muffins.

### Cherry-Melon Breakfast Drink

- 1-1/2 cups (375 mL) cubed cantaloupe or watermelon
- 1 cup (250 mL) (about 24) pitted fresh or frozen dry-pack cherries, thawed
- 1 cup (250 mL) plain low-fat yogurt
- 1 tbsp (15 mL) light brown sugar
- 1/8 tsp (0.5 mL) ground cloves

In a food processor or blender, combine the melon, cherries, yogurt, sugar, honey, and cloves. Whirl for about 1 minute or until smooth. Pour into glasses, garnish with a sprig of mint, and serve immediately. If cherries or melons aren't available, substitute your favourite fruit. Be creative! Makes 2 servings.

### Cinnamon French Toast with Apricot Sauce

*For the French toast:*

- 4 large egg whites
- 2 large eggs, lightly beaten
- 1 cup (250 mL) low-fat (1% milkfat) milk
- 1 tbsp (15 mL) firmly packed light brown sugar
- 1 tsp (5 mL) vanilla
- 1/2 tsp (2 mL) ground cinnamon
- 1/4 tsp (1 mL) ground nutmeg
- 8 slices French bread, 1 inch (2.5 cm) thick, or day-old home-style white bread
- 1 tbsp (15 mL) butter or margarine

*For the apricot sauce:*

- 1 can (5-1/2 oz/190 mL) apricot nectar
- 2 tsp (10 mL) cornstarch
- 1 tbsp (15 mL) firmly packed light brown sugar
- 1 tsp (5 mL) lemon juice
- 1/4 tsp (1 mL) grated lemon rind

To prepare the French toast, in a shallow bowl combine the egg whites, eggs, milk, brown sugar, vanilla, cinnamon, and nutmeg. Dip half of the bread slices into egg mixture, letting them soak about 30 seconds on each side. In a 12-inch (30.5 cm) nonstick skillet, melt half the butter over moderate heat. Add soaked bread. Cook for 3 minutes on each side or until golden. Repeat with the remaining bread and remaining butter. Meanwhile, to prepare the apricot sauce, in a small saucepan, whisk together the apricot nectar and cornstarch. Whisk in 1 tbsp (15 mL) brown sugar, lemon juice, and lemon rind. Bring to a boil over moderate heat, whisking constantly. Cook and whisk for 2 minutes or until mixture is thickened. Serve over the French toast. Makes 8 servings.

### Baked Apples with Currants

- 4 medium-size baking apples (e.g. Rome Beauty, Cortland, or Granny Smith)
- 1/2 cup (125 mL) bran cereal
- 2 tbsp (30 mL) currants
- 1 tbsp (15 mL) chopped pecans (optional)
- 4 tsp (20 mL) brown sugar
- 4 tsp (20 mL) maple syrup

Preheat oven to 350°F (180°C). With an apple corer, a melon baller, or a thin, sharp knife, scoop out all but the bottom 1/2 inch (2 cm) of each apple core; with a vegetable peeler, peel a 1/2 inch-wide (2 cm) strip around the top of the cavity. Stand the apples in a shallow baking dish just large enough to accommodate all of them in a single layer. In a small bowl, combine the cereal, currants, and pecans if desired. Spoon 1/4 of the mixture into the cavity of each apple, then sprinkle with sugar. Drizzle the syrup over the apples and bake for 40 or 45 minutes or until tender when pierced with a knife. Makes 4 servings.