

Easy Tips Bring **Antioxidant Bonus** to Morning Meals

at the office

oatmeal

Sprinkle **McCormick Ground Cinnamon** on your morning oatmeal to perk up your day. For an extra flavor twist, try adding dried cherries with sliced almonds or walnuts.



ANTIOXIDANT BONUS
1/4 tsp Ground Cinnamon adds more antioxidants than 1/2 cup sliced kiwi

fruit cup/salad

For a fresh pick-me-up, sprinkle 1/4 tsp **McCormick Ground Ginger** on store-bought fruit cups or homemade fruit salad.

ANTIOXIDANT BONUS
1/4 tsp of Ground Ginger adds more antioxidants than 3/4 cup chopped watermelon

at home weekday

toast & spread

Spread this on your morning toast instead of sugary jams and jellies. Mix 1 package (8 oz) Neufchâtel cheese (1/3 less fat than cream cheese), softened, 2 tbsp honey and 1/2 tsp **McCormick Ground Cinnamon** until well blended. (Serves 8)



ANTIOXIDANT BONUS
One serving of Ground Cinnamon flavored spread adds more antioxidants than 1/3 cup of fresh spinach

scrambled eggs

Sprinkle 1/4 tsp of **McCormick Ground Black Pepper** on your scrambled eggs.

ANTIOXIDANT BONUS
1/4 tsp Ground Black Pepper adds more antioxidants than 1/2 cup chopped watermelon

coffee

Perk up your morning coffee by sprinkling **McCormick Ground Cinnamon** over coffee grounds before brewing.



ANTIOXIDANT BONUS
1/2 tsp Ground Cinnamon adds more antioxidants than 1/4 cup raspberries

on the go

parfait

Add a little fun to your yogurt by mixing 1 container (6 oz) plain or vanilla Greek-style yogurt, 1 tbsp maple syrup or honey, 1/2 tsp **McCormick Ground Cinnamon** and 1/4 tsp **McCormick Ground Ginger**. Layer with granola and your favorite fruit such as sliced bananas, sliced apples or fresh berries.

ANTIOXIDANT BONUS
1/2 tsp Ground Cinnamon and 1/4 tsp of Ground Ginger adds more antioxidants than 1/4 cup blueberries

smoothie

Place 1 small ripe banana, sliced, 1 cup frozen strawberries or blueberries, 1 container (6 oz) vanilla Greek-style yogurt, 1/2 cup orange juice, 1 tbsp honey and 1/2 tsp **McCormick Ground Cinnamon** in blender. Blend on high speed until smooth.



ANTIOXIDANT BONUS
1/2 tsp of Ground Cinnamon adds more antioxidants than 4 medium carrots

yogurt

Mix 1 container (6 oz) plain or vanilla Greek-style yogurt, 1 tbsp maple syrup or honey, 1/2 tsp **McCormick Ground Cinnamon** and 1/4 tsp **McCormick Ground Ginger**.

ANTIOXIDANT BONUS
1/2 tsp Ground Cinnamon and 1/4 tsp of Ground Ginger adds more antioxidants than 1 1/2 cups chopped sweet red pepper

at home weekend

muffins

Prepare muffin mix as directed on package, add 1 tsp **McCormick Ground Cinnamon** and 1/3 cup dried fruit, such as raisins and cranberries, or chopped walnuts or pecans.

ANTIOXIDANT BONUS
1 tsp of Ground Cinnamon adds more antioxidants than 2 1/2 oz of almonds to your batch of muffins

omelet

Beat 3 eggs and 1/4 tsp **McCormick Oregano Leaves** or **Rosemary Leaves**. Sauté 1/2 cup chopped vegetables in 1 tsp hot olive oil in nonstick skillet. Add egg mixture; cook until just set. Sprinkle with 1/2 cup shredded reduced fat cheese. Fold over.

ANTIOXIDANT BONUS
1/4 tsp Rosemary adds more antioxidants than 1/2 cup pineapple

ANTIOXIDANT BONUS
1/4 tsp Oregano adds more antioxidants than 1 cup eggplant

- For Italian Omelet, use vegetables such as red bell pepper, onions, tomatoes and mushrooms, and mozzarella cheese.
- For Mediterranean Omelet, use spinach and feta cheese.

breakfast burrito

Beat 4 eggs, 1/4 cup reduced-fat milk, 1/2 tsp **McCormick Oregano Leaves** and 1/4 tsp each **McCormick Garlic Powder** and **McCormick Ground Black Pepper**. Sauté 1 cup chopped vegetables in 1 tsp hot olive oil in nonstick skillet. Add egg mixture; scramble. Stir in 1 cup shredded reduced fat cheese. Spoon into 4 whole wheat tortillas.

ANTIOXIDANT BONUS
This spice blend adds more antioxidants than 1 cup of broccoli