

A Healthy Start

Make your own muesli, granola and banana bread

recipe by Jennifer Thomé; photo by Mishka Family Photography

Mornings are a busy time for families. Making sure that everyone gets a perfectly balanced meal can be tricky. Cereals are quick and easy, but they are also jam-packed with sugars, and their “nutrients” are synthetic and hard to digest. Making your own muesli is a great alternative. Just sit everyone down around the kitchen table, let them try each of the ingredients, and add what they like to their batch. Everyone gets a custom treat and it’s also a great opportunity to talk to your kids about nutrition. It’s important to choose dried fruits free of sulfides and keep fruit additions to a minimum, as they can be high in sugar. The muesli can also be made into granola. Pair this with a few slices of homemade banana bread and you’ve got one healthy breakfast. **K**



Alexa McKendry (5) puts together her own muesli mix of oats and dried fruits

Muesli 干果麦片

Plain oats 纯燕麦

Roasted nuts and seeds, such as pumpkin seeds, chopped almonds and cashews, and coconut 各种坚果，例如碎杏仁，腰果，白瓜子仁和椰子等

Roasted flaxseeds, ground (a great source of Omega-3) 将干坚果磨碎（富含Ω-3脂肪酸）

Assorted dried fruits, such as raisins, cranberries, pineapple, apples, bananas, and cherries 混合干果，例如葡萄干，蔓越莓干，菠萝干，苹果干，香蕉干和樱桃干

Fill a large jar, bowl, or zip-lock bag $\frac{3}{4}$ of the way with oats. Then, add $\frac{1}{2}$ cup of the roasted nuts and ground flaxseeds, and add your selection of roasted nuts and dried fruits. Seal the container and shake it up! If you have a bowl, use a large spoon to stir all of the ingredients until mixed. Enjoy with fresh milk or yogurt.

找一个罐子，碗或者密封袋，用燕麦填满至 $\frac{3}{4}$ 处。然后加入半杯磨碎的亚麻籽，再加入所准备的坚果和干果。将容器封严，摇匀！如果是用碗的话，用一个大勺子将所有配料搅匀。加入鲜奶，豆浆或酸奶食用。

Granola 格兰诺拉燕麦

$\frac{3}{4}$ cup honey 蜂蜜 $\frac{3}{4}$ 杯

$\frac{1}{4}$ cup of your favorite juice concentrate (lemon or orange) 你最喜欢的浓缩果汁 $\frac{1}{4}$ 杯（柠檬汁或橙汁）

2 tbsp olive oil 橄榄油2汤匙

1 tsp of vanilla concentrate or other flavor (optional) 香草油1茶匙或者其他口味（可选）

6 cups of muesli 混合谷物6杯

Preheat oven to 350 degrees Fahrenheit (180 Celsius), and toast muesli for seven to ten minutes, until toasty. Mix honey, juice, olive oil and concentrate. In a large bowl, combine all the toasted muesli with the paste. Stir and spread the mixture over the baking sheet. Bake for 20 minutes, stirring frequently so it browns evenly on both sides. Be careful not to bake it for too long, and remember that granola hardens as it cools.

将烤箱预热350华氏度（约180摄氏度），将混合谷物烤七到十分钟至香脆。将蜂蜜、果汁、橄榄油和其他风味的精油搅拌在一起。将搅拌好的浆糊与烤好的混合谷物倒入在大碗中，搅拌均匀后均匀摊在烤盘上。烤20分钟，在烘烤过程中需经常拿出搅拌所以烤得均匀。格兰诺拉燕麦冷却后就会变硬，所以烤的时间别太长！

Banana Bread 香蕉面包

Serves 3-4 people 三至四人份

4 mashed bananas 香蕉4只，捣成香蕉泥

1-2 tablespoons honey 蜂蜜1-2茶匙

2 eggs 鸡蛋2个

$\frac{1}{4}$ cup milk 牛奶 $\frac{1}{4}$ 杯

$1\frac{1}{4}$ cups flour 面粉 $1\frac{1}{4}$ 杯

$\frac{1}{2}$ cups muesli 混合谷物半杯

3 tsp baking powder 发酵粉3茶匙

$\frac{1}{4}$ tsp salt 盐 $\frac{1}{4}$ 茶匙

Preheat oven to 350 degrees Fahrenheit (180 Celsius). In a bowl or blender, combine bananas, honey, eggs, and milk. Then stir in the flour, muesli, baking powder and salt. Pour the batter into a buttered baking dish, and bake for 25 minutes. Lower the temperature to 300 degrees Fahrenheit and bake for another 30 minutes, or until a toothpick comes out clean.

预热烤箱，350华氏度（约180摄氏度）。将蜂蜜，香蕉，鸡蛋，牛奶和其他干的配料倒入搅拌机或碗中搅匀，然后倒入涂了黄油的烤盘中，烤25分钟。将温度调到300华氏度（约140摄氏度）再烤30分钟，烤完后可以插根牙签，如果抽出来是干净的，就好了。

Translation by Diana Dai



Jennifer Thomé loves food. Born in Germany, Jennifer spent her youth roaming her grandmother's garden in search of new and delicious things to eat – a search she continues since moving to China. When she's not busy running Agenda magazine, you'll find her chopping and stirring away in her kitchen.