

SMUCKER'S®

Wake up
your
Breakfast™



Breakfast solutions made just for you.

SMUCKER'S Wake Up your Breakfast™

The Power of Family Meals

There's a powerful emotional connection between food and families. In fact, research has shown sharing meals is one of the most central family bonds. Our lives are busy and it's challenging to find time to gather around and enjoy meals together. But with a few great recipe ideas and just a little effort, your family can feel closer and happier, simply by taking the time to sit down and eat together daily.

Why not start with breakfast?



Made from the finest fruit, Smucker's® Pure Jams are packed with real fruit goodness.

Pure jam contains no preservatives and no added colour, so these jams make a sweet treat any time of the day.



With a name like Smucker's, it has to be good®

smuckers.ca

Simple solutions to start your day right

Breakfast – the most important meal of the day – is often the one that gets neglected. But there really is no excuse when you realize that you can wake up to a nutritious and delicious breakfast in minutes. We've got just about every excuse covered with simple solutions from brands you trust to nourish you and your family. Nothing beats a homemade breakfast for giving your family the energy and nutrients they need to start their day right. **Wake Up Your Breakfast™** with these yummy, quick and easy recipe ideas.





Trying to Eat Sensibly?

No problem - Breakfast gives you energy to kick start your day and get your metabolism going.



Open-Faced Breakfast Sandwiches

Prep Time: 2 minutes | **Cook Time:** 5 minutes |
Makes: 2 servings (2 open-faced sandwiches) |
Freezing: not recommended

- 2 whole wheat English muffins, halved
- ¾ cup (150 mL) **Egg Creations™** Cheese and Chives, well shaken
- Salt and pepper to taste
- Few drops of chipotle hot sauce (optional)

Preheat toaster oven or oven broiler to high. Line a baking sheet with foil and grease to prevent sticking. Lay English muffin halves on prepared baking sheet. Carefully drizzle liquid eggs over each half, 1 tbsp (15 mL) at a time, allowing egg mixture to absorb into bread. Sprinkle with salt, pepper and hot sauce, if using. Broil 4-5 minutes, until liquid eggs are set. Remove from oven and let sit 1 minute.

Toasted Oats & Cottage Cheese Parfait

Prep Time: 5 minutes | **Bake Time:** 7 minutes |
Makes: 2 cups (500 mL) Toasted Oats;
1 serving (375 mL) Parfait | **Freezing:** not recommended

Toasted Oats

- 2 cups (500 mL) **Robin Hood®/MD Old Mill®/MD** Minute Oats
- ½ tsp (2 mL) cinnamon
- 1 tbsp (15 mL) **Crisco®** Canola Oil

Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper. Combine oats, cinnamon and oil together. Place on prepared sheet and bake 5-7 minutes, or until lightly toasted.

Parfait

- 1 cup (250 mL) **Nordica®** 1% Cottage Cheese
- 2 tbsp (30 mL) **Oasis®** Premium Orange Juice
- 3 tbsp (45 mL) prepared toasted oats, plus additional for garnish
- 3 tbsp (45 mL) **Smucker's®** No Sugar Added Raspberry and Concentrated White Grape Juice Spread

Combine cottage cheese and juice in a mixing bowl and place ⅓ in bottom of a dish. Top with 1 tbsp (15 mL) toasted oats and then top with 1 tbsp (15 mL) raspberry spread. Continue layering and finish with remaining oats.

Tip: To save time in the morning, prepare the toasted oats in advance.



Convenience in every pour!



- ✓ Cholesterol and fat free
- ✓ Excellent source of protein
- ✓ Source of 11 vitamins and minerals
- ✓ Made from 100% egg whites

visit eggcreations.com

Sensible Solutions:

- It's easy to enjoy egg dishes more often with **Egg Creations™** Liquid Eggs – an **excellent source of protein that's cholesterol and fat free.**
- Fibre from **Robin Hood®/MD Old Mill®/MD** Oats and protein from **Nordica®** Cottage Cheese team up to **keep hunger in check**, and with **Smucker's®** No Sugar Added Fruit and Concentrated White Grape Juice Spreads you can **add some sweetness.**



Breakfast in Minutes!



- 100% natural
- Contain no added preservatives
- Oats are a source of fibre and iron

For more delicious recipes, visit robinhood.ca



No Time?

No Problem - You can serve a hot breakfast in under five minutes. The key is quick and easy ingredients.

Quick Solutions:

- **All it takes is a few minutes** to heat up a hearty bowl of **Robin Hood® Old Mill®/MD Oats**.
- **Add sweetness** to your oatmeal with delicious **Smucker's® Pure Jam**.
- Save time with **Gay Lea® Spreadables®**. It's Butter with Canola Oil that's **spreadable right out of the fridge**. Mix up a batch of flavoured butter with your favourite **Smucker's Pure Jam**.
- Just shake and pour **Egg Creations™ Liquid Eggs** and quickly microwave with **Maple Leaf® Fully Cooked Sausages** to **energize your busy weekday mornings**.



Apricot Almond Oatmeal

Prep Time: 2 minutes | **Cook Time:** 1 minute | **Makes:** 1 serving (280 mL) | **Freezing:** not recommended

- ½ cup (75 mL) **Robin Hood®/MD Old Mill®/MD Minute Oats**
- ¾ cup (150 mL) boiling water
- ¼ cup (50 mL) **Nordica® 1% Cottage Cheese**
- 4 tbsp (60 mL) **Smucker's® Pure Apricot Jam**
- 2 tbsp (30 mL) fresh blueberries
- 1 tbsp (15 mL) almonds, sliced
- Apricot, chopped (optional)

Combine oats and boiling water in a bowl and cover with plastic wrap for 1 minute. In a separate bowl, combine cottage cheese and apricot jam. Top cooked oatmeal with cottage cheese mixture, and garnish with fresh blueberries and almonds. Add chopped apricots, if desired.



Flavoured Butters

Prep Time: 3 minutes | **Makes:** 6 tbsp (90 mL) | **Freezing:** excellent

- ¼ cup (50 mL) **Gay Lea® Spreadables®** (Regular or Light)
- 2-3 tbsp (30-45 mL) **Smucker's® Pure Strawberry or Raspberry Jam** or **Orange Marmalade**

- Strawberry Mint Butter:** 1 tsp (5 mL) fresh mint, chopped
- Raspberry Lemon Butter:** 1 tsp (5 mL) lemon zest
- Orange Ginger Butter:** 1 tsp (5 mL) ginger, grated

Combine butter and jam in a small bowl. Add mint or lemon zest or ginger and mix well.

Keep refrigerated at all times to ensure ingredients stay fresh. Can be stored in refrigerator for up to 1 week.

Coffee Cup Scramble with Sausages

Prep Time: 2 minutes | **Makes:** 1 serving (165 mL) | **Freezing:** not recommended

- ½ cup (125 mL) **Egg Creations™ Original**, well shaken
- 2 tbsp (30 mL) **Carnation® Fat Free Evaporated Skim Milk**
- ¼ tsp (1 mL) dried Italian herbs
- 1 tbsp (15 mL) goat cheese, crumbled
- 2 **Maple Leaf® Fully Cooked Sausage Links**

Combine all ingredients, except sausages, in a microwave-safe coffee mug. Cover with plastic wrap leaving a small space open for venting. Put sausages on a microwave-safe plate and place with mug in microwave. Heat on 70% (Med - High) power, 1 minute. Remove, stir, re-cover with wrap and microwave 1 minute 15 seconds longer, or until desired doneness. Let stand 1 minute.



Gay Lea



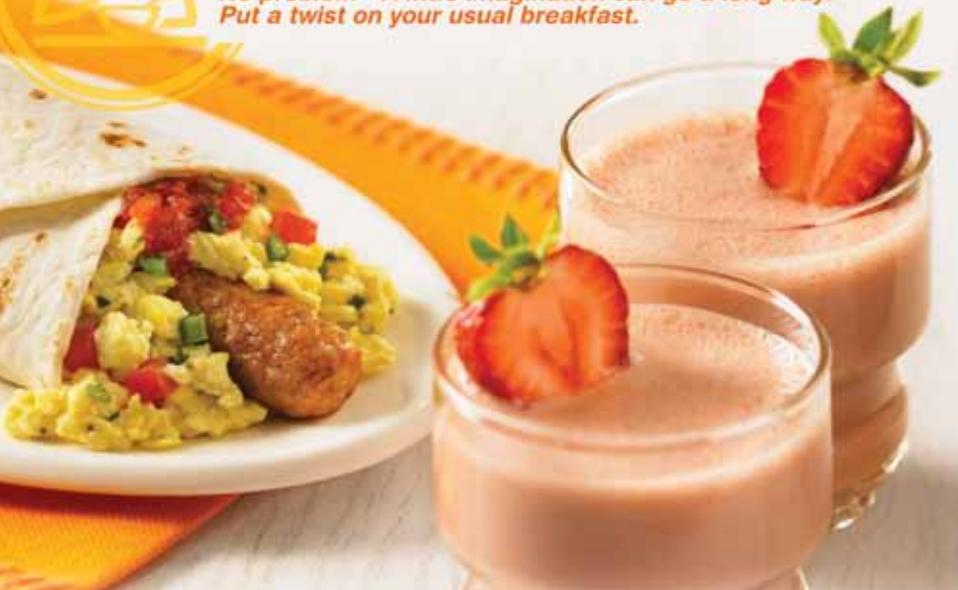
Butter with Canola Oil that's
Made to spread.

For delicious recipe ideas visit gaylea.com



Bored with Breakfast?

No problem - A little imagination can go a long way.
Put a twist on your usual breakfast.



Sausage n' Salsa Burrito

Prep Time: 4 minutes | **Cook Time:** 2.5 minutes |
Makes: 1 serving (1 burrito) | **Freezing:** not recommended

- ½ cup (125 mL) **Egg Creations™** Original, well shaken
- 2 tbsp (30 mL) Monterey Jack cheese, shredded
- 2 tbsp (30 mL) cilantro, finely chopped
- Salt and pepper to taste
- 1 large (10"/25 cm) tortilla, warmed
- 1 tbsp (15 mL) salsa
- 2 **Maple Leaf®** Fully Cooked Sausage Links
- 2 tbsp (30 mL) tomatoes, chopped (optional)
- 2 tsp (10 mL) jalapeno peppers, finely minced (optional)

Combine first 4 ingredients in a 2 cup (500 mL) glass measuring cup or bowl. Cover with plastic wrap leaving a small space open for venting. Microwave on 70% (Med - High) power for 1 minute. Remove, stir, and place sausage on a microwave-safe plate and cook alongside liquid eggs in microwave for 1 minute and 15 seconds longer. Meanwhile, spread tortilla with salsa. Place egg mixture on half of tortilla and top with sausages, tomatoes and jalapenos. Roll up burrito-style, slice in half and serve immediately.

Silky Smoothie

Prep Time: 2 minutes | **Makes:** 3 ½ cups (875 mL) |
Freezing: not recommended

- 1 can (370 mL) **Carnation®** Fat Free Evaporated Skim Milk
- ½ cup (125 mL) **Oasis®** Premium Orange Juice
- 1 banana
- ¼ cup (75 mL) **Smucker's®** Pure Strawberry Jam
- ½ cup (125 mL) frozen or fresh strawberries, sliced
- 2 tbsp (30 mL) **Robin Hood®/mtd Old Mill®/mtd** Oats

Combine all ingredients in blender. Blend until smooth. Thin with additional orange juice if desired. Enjoy immediately.

New Solutions:

- Try these homemade breakfast burritos for a change. **Maple Leaf®** Fully Cooked Sausages are easy to microwave and **enjoy any day of the week.**
- **Carnation®** Fat Free Evaporated Skim Milk makes **delectably creamy shakes – without any added fat.**
- **Have a little fun** on the side by adding a piece of cheese, fruit, almonds or a slice of tomato beside your usual breakfast. It'll make breakfast tastier.
- **Take it outside** and enjoy breakfast on your balcony or backyard for a change of scenery.
- The next time you are on vacation pay attention to new ideas that you loved for breakfast and **bring those new ideas home with you.**



Start your day with
Maple Leaf®
Fully Cooked Sausages



Our delicious, premium quality sausages are fully cooked and ready in minutes. Enjoy our breakfast sausages with toast and eggs, or make a quick breakfast sandwich when you're on the go.



No fuss... No mess!



visit mapleleaf.ca



On-the-go?

No problem - Homemade-to-go can be just as quick and tasty! Now you don't need to stop on your way to work.



Whole Wheat Raspberry Orange Muffins

Prep Time: 10 minutes | **Bake Time:** 20 minutes | **Makes:** 12 muffins | **Freezing:** excellent

- ¾ cup (150 mL) **Oasis**® Premium Orange Juice
- 2 tsp (10 mL) orange zest
- 2 eggs
- ¼ cup (75 mL) **Gay Lea**® **Spreadables**® (Regular or Light), melted
- ¼ cup (75 mL) sugar
- 2 tsp (10 mL) vanilla extract
- 1 ¾ cups (425 mL) **Robin Hood**® All Purpose Whole Wheat Flour
- 2 tbsp (30 mL) ground flax seeds
- 1 tbsp (15 mL) whole flax seeds
- 2 tsp (10 mL) baking powder
- ¾ tsp (4 mL) salt
- ½ cup (125 mL) **Smucker's**® Pure Raspberry Jam

Preheat oven to 400°F (205°C). Line muffin pan with paper liners. Combine first 6 ingredients in large bowl. Mix in remaining dry ingredients. Swirl in jam. Spoon into prepared muffin pans and bake 17-20 minutes or until top springs back.

Sausage Melt

Prep Time: 2 minutes | **Bake Time:** 2 minutes | **Makes:** 1 sandwich | **Freezing:** not recommended

- 1 English muffin, halved
- 2 **Maple Leaf**® Fully Cooked Sausage Rounds, halved
- 2 tbsp (30 mL) cheddar cheese, shredded
- 1 tomato slice
- 1 lettuce leaf

Place English muffin in the toaster. At the same time, microwave the sausages on a paper towel for 1-2 minutes. Top one half of toasted English muffin with cheese, add the warmed sausages, tomato and lettuce. Top with remaining English muffin half. Wrap up in a napkin and enjoy on-the-go!

Portable Solutions:

- Bake a batch of wholesome muffins so they're **handy to grab n' go!**
- **Don't wait at the drive-thru.** Try this simple homemade Sausage Melt using **Maple Leaf**® Fully Cooked Sausage Rounds.



Fill your travel mug with **NEW Folgers**® Black Silk Coffee to perk up your mornings - a rich and full bodied dark roast. Try adding rich and creamy **Carnation**® Fat Free Evaporated Skim Milk to your coffee.



A glass (250 mL) of **Oasis**® Premium Orange Juice is a quick way to get 2 servings of fruit before your busy day begins.



Nordica® Single Serve Cottage Cheese is a great source of protein that's ready to go when you are.



PROUDLY CANADIAN

Be pure.
OASIS®

OASIS® Premium juices bring you all the authentic taste of freshly squeezed fruit because they are not from concentrate.

- No Sugar Added
- 100% freshly squeezed orange juice
- Excellent source of vitamin C

alassonde.com



Fussy Eaters?

No problem - If you get your kids involved in making breakfast - they'll be more likely to enjoy eating it.



Kid Friendly Solutions:

- Smucker's® Squeeze™ Fruit Spreads are a fun, mess-free way to **get kids excited about breakfast.**
- You and your children can **make fun designs on all your favourite breakfast foods** - try it with pancakes, waffles, toast, bagels, yogurt and oatmeal.
- Try using cookie cutters to make fun shapes out of bread, then use **Smucker's Squeeze Fruit Spreads to tap into their creativity** - let them decorate and try different flavours!
- **Oasis® Premium Orange Juice** is not from concentrate and has no sugar added. One glass (250 mL) is an easy way to **give your kids 2 portions of fruit**, and it tastes great too!

Toasted Banana Dog

Prep Time: 2 minutes | **Makes:** 1 serving (1 banana dog) | **Freezing:** not recommended

- 1 hot dog bun, toasted
- 1 banana, peeled
- 1 tbsp (15 mL) peanut butter
- 1-2 tbsp (15-30 mL) **Smucker's® Squeeze™** Strawberry or Raspberry Fruit Spread

Spread inside of toasted bun with peanut butter. Place banana "dog" in bun and top with fruit spread "ketchup".

Tip: For an "all dressed" banana dog, top with toasted coconut "sauerkraut".



Easy to Squeeze, Sure to Please



- **Kid-friendly package**
- **Less mess**

Available in:

- Strawberry
- Raspberry
- No Sugar Added Strawberry

smuckers.ca



Want more Family Time?

No problem - Weekend breakfasts are a great time to bring family together. Start a new tradition!



Oatmeal Crusted French Toast with Strawberry Orange Syrup

Prep Time: 15 minutes | **Cook Time:** 14 minutes | **Makes:** 4 servings (8 slices), ½ cup (75 mL) syrup | **Freezing:** not recommended

- 4 eggs
 - ½ cup (125 mL) **Oasis**® Premium Orange Juice
 - 1 tsp (5 mL) cinnamon, divided
 - 1 tsp (5 mL) vanilla extract
 - 2 tbsp (30 mL) brown sugar
 - 2 tsp (10 mL) orange zest
 - 1 ½ cups (325 mL) **Robin Hood**®/MMD **Old Mill**®/MMD Oats
 - 8 slices firm whole wheat bread
 - 3 tbsp (45 mL) **Gay Lea**® **Spreadables**® (Regular or Light), divided
- Syrup:**
- ½ cup (125 mL) **Oasis**® Premium Orange Juice
 - ½ cup (125 mL) **Smucker's**® Pure Strawberry Jam
 - 1 tbsp (15 mL) orange zest

1. Mix eggs, orange juice, ½ tsp (2 mL) cinnamon and next 3 ingredients in shallow bowl. Combine oats and remaining cinnamon in another shallow bowl. Dip bread into egg mixture, then into oats, coating both sides.
 2. Melt butter in a large frying pan over medium heat. Place 4 slices of bread in pan. Cook until brown and starting to puff, about 2 minutes. Turn and cook 1-2 minutes longer. Repeat with 4 other slices. Meanwhile, combine juice and jam in medium saucepan. Bring to a boil over high heat, stirring occasionally. Reduce heat to medium and cook uncovered, stirring occasionally until reduced to a thin syrup, about 6 minutes. Remove from heat and add zest. Drizzle over warm French toast and serve.
- Serve with a pot of freshly brewed **Folgers**® Black Silk Coffee.

Deep Dish Breakfast Pizza

Prep Time: 20 minutes | **Bake Time:** 50 minutes | **Makes:** 8 slices | **Freezing:** not recommended

Pizza Dough:

- 1 can (370 mL) **Carnation**® Fat Free Evaporated Skim Milk
- 2 tbsp (30 mL) **Gay Lea**® **Spreadables**® (Regular or Light)
- 2 tsp (10 mL) salt
- 2 tsp (10 mL) sugar
- 3 ¾ cups (925 mL) **Robin Hood** All Purpose Flour
- 1 tbsp (15 mL) bread machine yeast

Filling:

- 1 ½ cups (375 mL) **Egg Creations**™ Original, well shaken
- ¼ tsp (1 mL) dried Italian herbs
- ½ tsp (2 mL) garlic salt
- ½ cup (125 mL) roasted red peppers, sliced
- 3 **Maple Leaf**® Fully Cooked Sausage Links, sliced
- 1 cup (250 mL) mozzarella cheese, shredded, divided
- Fresh basil for garnish (optional)

Tip: Dough made with **Carnation** Evaporated Milk has a richer, crispier texture, almost like a biscuit dough and browns faster than non-milk doughs.

1. Place dough ingredients in bread machine and follow manufacturer's directions. Remove to lightly floured surface, divide dough in two and set one half aside for another use or freeze. Roll dough into a 12" (30 cm) round.
 2. Meanwhile, preheat oven to 400°F (205°C). Grease an 11" (27.5 cm) round oven-proof skillet. Fit dough into and up the sides of the skillet. Prick all over with a fork to prevent puffing while baking. Bake in preheated oven 15-20 minutes, until dough begins to brown.
 3. Meanwhile, combine filling ingredients, reserving ½ cup (125 mL) of cheese for topping. Pour into partially baked crust and top with remaining ½ cup (125 mL) cheese. Cover tightly with foil and bake 25-30 minutes longer, or until filling is set. Remove, let sit for 5 minutes, garnish with basil, if using and serve immediately.
- Serve with a pot of freshly brewed **Folgers** Black Silk Coffee.

Visit smuckers.ca for a version of this recipe without a bread machine.

Family Solutions:

- The fresh-baked smell of these great breakfast recipes are sure to **bring your family together.**
- By eating breakfast together, you'll not only be nourishing your family - **you'll be creating memories!**



Wake Up with



Try rich and creamy **Carnation®** Evaporated Milk in your coffee or tea today, it's a perfect substitute for cream!

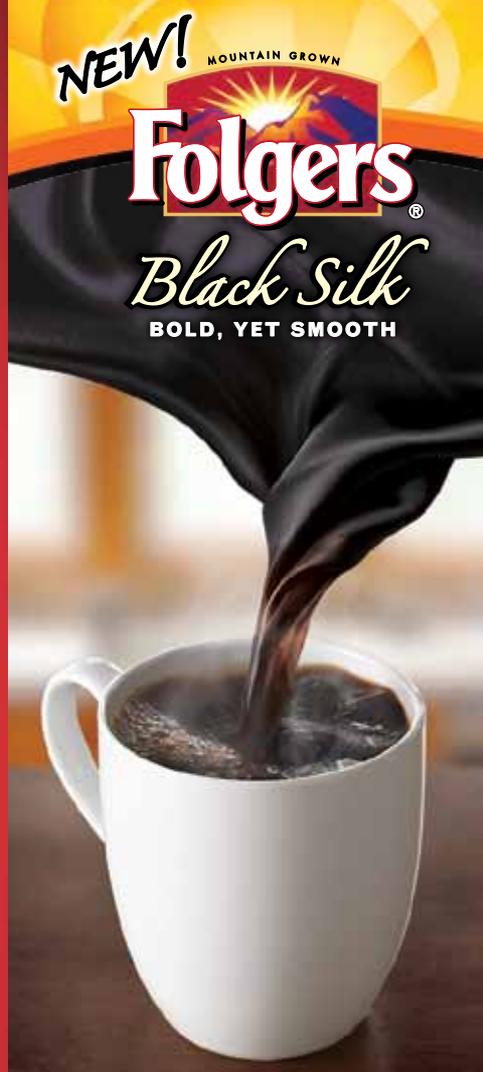
Carnation® will wake up the flavour of smoothies, scrambled eggs and baked goods.

For delicious recipes visit carnationmilk.ca



Did you know... you can get **Carnation®** Fat Free Evaporated Skim Milk? It offers the same great taste and richness without the fat.

Not just for pumpkin pie.



FOLGERS®
BLACK SILK
COFFEE

WONDERFULLY BOLD,
SURPRISINGLY
SMOOTH.

The best part of wakin' up™

SMUCKER'S® Wake Up your Breakfast™

Brought to you by



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