RECIPES FOR QUICK BREAKFASTS

WALKING-AROUND BREAKFAST

Carefully core a large apple by removing all seeds. Combine low-fat peanut butter (creamy or chunky) with any combination of the following:

1 Tbsp. raisins 1 Tbsp. nuts

1 Tbsp. coconut 1 Tbsp. shredded carrots

1 Tbsp. chocolate chips or candy pieces

Place peanut mixture in the center of a cored apple. Wrap securely or place in a re-sealable plastic bag. This can be eaten while walking to a class or meeting, while driving, or while doing something else, when circumstances don't allow for sitting down and having a regular meal.

HONEY-GLAZED MUNCH MIX

2 cups crisp corn and rice hexagon-shaped cereal

5 cups popped popcorn
1/4 cup raisins
1/4 cup honey
1/4 cup margarine or butter
1/4 teaspoon vanilla

MICROWAVE DIRECTIONS: In a large microwave-safe bowl, combine popcorn, cereal, peanuts and raisins; set aside. In 2-cup microwave-safe measuring cup, combine honey, margarine and vanilla. Microwave on HIGH for 45-60 seconds; stir until margarine is melted. Drizzle over popcorn mixture; stir quickly to coat. Microwave on MEDIUM for 6 to 7 minutes or until popcorn is crisp, stirring every 2 minutes. Spread on foil; cool completely. Store in loosely covered container. 7 cups.

PEANUT BUTTER BALLS

3/4 cup graham cracker crumbs 1/2 cup dried fruit bits 1/2 cup peanut butter 1 tablespoon honey

2 tablespoons graham cracker crumbs

In a small bowl, combine all ingredients except 2 tablespoons graham cracker crumbs; mix well. Shape mixture into 3/4-inch balls. Roll to coat in 2 tablespoons graham cracker crumbs. Store in refrigerator. 18 cookies.

NO-BAKE HONEY GRANOLA BARS

1/4 cup firmly packed brown sugar 1/4 cup light corn syrup 1/2 cup peanut butter 1/2 teaspoon vanilla

2 1/2 cups granola

In a medium sauce pan, combine brown sugar and corn syrup. Bring to a boil, stirring constantly. Remove from heat. Stir in peanut butter and vanilla; blend well. Add granola; mix well. Press into ungreased 8 or 9-inch square pan. Cool completely; cut into bars. 20 bars.