**Senior Healthy Breakfast Lab**

Before you start, you must experience a few of the things that an elderly person would go through.

1. Arthritis: Tape two of your fingers together on each hand
2. Loss of Hearing: Put small cotton balls in your ears.

The Following recipes are especially chosen for Senior adults because of their simplicity and nutrition. You will make both of them and sit down and eat small servings of them. Make 2 servings of oatmeal one at a time in the microwave and split servings in half. Set table and sit down to eat as a group. You will have a short written assignment about this activity. You may have half your group work on oatmeal and half your group work on the Frittata.

**Banana Split Oatmeal**

Yield: 1 serving

**Ingredients:**

* 1⁄3 cup oatmeal, quick-cooking (dry)
* 1⁄8 teaspoon salt
* 3⁄4 cups water (very hot)
* 1⁄2 banana (sliced)
* 1⁄2 cup yogurt, non-fat

**Preparation:**

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and yogurt.

**Healthy Breakfast Frittata**

Serves 2

**Ingredients:**

* 1/2 medium onion, minced
* 2 medium cloves garlic, chopped
* 1/4 lb ground lamb or turkey
* 1 + 2 TBS chicken broth
* 1 large leaf cleaned finely chopped kale (stems removed)
* 5 eggs
* salt and black pepper to taste

**Preparation:**

1. Mince onion and chop garlic; let them sit for 5 minutes to enhance their health-promoting benefits.
2. Preheat broiler on low.
3. Heat 1 TBS broth in a 9-10 inch stainless steel skillet. Sauté onion over medium heat, for about 3 minutes, stirring often.
4. Add garlic, ground lamb or turkey, and cook for another 3 minutes on medium heat, breaking up clumps.
5. Add kale and 2 TBS broth. Reduce heat to low and continue to cook covered for about 5 more minutes. Season with salt and pepper, and mix.
6. Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture evenly. Cook on low for another 2 minutes without stirring.
7. Place skillet under broiler in middle of oven, about 7 inches from the heat source so it has time to cook without the top burning. As soon as the eggs are firm, it is done, about 2-3 minutes.

