

# RECIPE DEMO

## Corncakes with Blueberry Sauce



### Nutrition

- Calories 240
- Total fat 6g
- Sodium 470mg
- Total carbohydrates 41g
- Fiber 2g
- Protein 2g
- Sugar 12g

### Ingredients

- 1 cup frozen blueberries (unsweetened)
- 1/2 cup applesauce (unsweetened)
- 3 cups Kellogg's® Corn Flakes®, crushed
- 1 1/2 cups all-purpose flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 egg
- 2 cups low-fat milk
- 2 tablespoons vegetable oil

### Prep Equipment

- Sealable plastic bag
- Rolling pin
- Paper towels
- Gloves

### Presentation Equipment

- Small microwave-safe dish
- Measuring cups and spoons
- Stirring spoon
- Medium mixing bowl
- Wooden mixing spoon
- Large mixing bowl
- Whisk
- Griddle
- Ladle
- Spatula
- Serving Spoon
- Damped cloth
- Gloves

### Sampling Equipment

- For sampling:
- Small disposable serving plates
  - Disposable forks
  - Napkins
  - Copies of consumer version of recipe
  - Gloves

### Advance Preparation

1. Crush Corn Flakes and make blueberry sauce up to two days before demonstration.
2. Practice your set up, going through the motions of the demonstration and practicing safe food handling techniques while saying the preparation and nutrition tips below.
3. Use private label applesauce, blueberries, and baking supplies as a way to promote your retailer's brands in this demo.
4. Use the original cereal, apple sauce, and blueberry packaging for display in the live demo.

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# At Demonstration

<p><i>Recipe Instructions</i> Yield: 8 corncakes</p>	<p><i>Food Demo Talking Points</i> Yield: 8 Corncakes, in 4ths</p>	<p><i>Nutrition Talking Points</i></p>
<ul style="list-style-type: none"> <li>• Introduce recipe.</li> </ul>	<ul style="list-style-type: none"> <li>• Most people have cereal in their pantry, making it a great choice for recipes that add variety to breakfast.</li> </ul>	<ul style="list-style-type: none"> <li>• The cereal we're using in this recipe, Kellogg's Corn Flakes, has just 3 gm sugar per serving and all the goodness of a simple grain.</li> </ul>
<ul style="list-style-type: none"> <li>• Place frozen blueberries and apple sauce in a microwave-safe dish.</li> <li>• Microwave on high for 1 minute.</li> <li>• Stir sauce and microwave on high for 1 minute more. Set aside.</li> </ul>	<ul style="list-style-type: none"> <li>• I'm using frozen blueberries in this recipe because they retain their structure better than fresh in baking and cooking. Depending on the season they may be more affordable.</li> <li>• Natural sugars in apples and blueberries provide the sweetness in this topping, so the recipe calls for unsweetened (insert brand name) applesauce and blueberries.</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberries contain vitamin C, E, manganese, and fiber, all important nutrients as we age.</li> <li>• Higher fruit and vegetable intakes are associated with less risk of chronic diseases*, including heart disease. This recipe is a great way to get fruit at breakfast.</li> </ul>
<ul style="list-style-type: none"> <li>• Mix flour, sugar, baking powder, and salt. Set aside.</li> </ul>	<ul style="list-style-type: none"> <li>• (Insert brand name) baking supplies are a great value.</li> </ul>	
<ul style="list-style-type: none"> <li>• In large mixing bowl, beat egg until foamy. Stir in milk, vegetable oil and cereal. Let stand 2 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• Letting the mixture stand a couple of minutes allows the cereal to soften.</li> </ul>	
<ul style="list-style-type: none"> <li>• Add flour mixture, stirring to combine.</li> </ul>	<ul style="list-style-type: none"> <li>• For best results, add it in batches.</li> </ul>	
<ul style="list-style-type: none"> <li>• Place 1/4 cup of batter onto greased griddle. Turn once, cooking until golden brown on both sides.</li> <li>• Serve two pancakes, topped with blueberry sauce.</li> </ul>	<ul style="list-style-type: none"> <li>• Flip the corncakes once the edges turn golden brown.</li> <li>• Helpful tip: Freeze leftover corncakes and refrigerate blueberry sauce for a quick and easy breakfast for adults and kids on busy weekday mornings. All it takes is reheating the corncakes and blueberry sauce in a microwave oven.</li> </ul>	<ul style="list-style-type: none"> <li>• Each serving of this recipe provides 6 g protein, 2 g fiber and 41 g carbohydrates to fuel your day.</li> </ul>

\*According to the 2010 Dietary Guidelines for Americans.