



# Nutrition News



## HOLIDAY BREAKFAST RECIPES

### Applesauce Pancakes

- 1 cup flour
- 1/4 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1 tablespoon oil
- 1/2 cup milk
- 1 beaten egg
- 1/2 teaspoon vanilla
- 1 1/4 cups applesauce



Sift flour, salt and baking powder into a mixing bowl.

Mix together butter, oil and egg; then stir into the dry ingredients. Add the vanilla and applesauce and mix well.

Spoon 1/4 cup of the batter into a hot frying pan sprayed with cooking spray.

Cook until bubbles appear on surface of the pancake. Flip and cook another minute.

Serves 3-4.

### Skillet Breakfast

- 2 1/2 cups grated potatoes (about 3 medium potatoes)
- 2 tablespoons oil
- 6 eggs
- 3 tablespoons milk
- 1 cup diced ham
- Add salt and pepper
- 1/4 grated cheese

Peel and grate the potatoes. Place oil in frying pan and heat. Add grated potatoes.

Cook for 8 to 10 minutes.

In a small mixing bowl, mix the eggs and milk together. Once potatoes are cooked add egg-milk mixture and sprinkle with ham. Stir until eggs are cooked. Sprinkle with cheese. Serves 4-5.

### Breastfeeding Moms Need Breakfast Too!

**Breastfeeding moms need to have a nutritious breakfast to keep up their energy and milk supply. Be sure to include a source of protein, grain and fruit and/or vegetable.**

### Returning to In-Person Services

**We will continue to do appointments over the phone until further notice.**

**We will send a text message to advise you of your next appointment.**

**Please consult your WIC APP to find your food balance, your last day of benefits and your next appointment.**

WIC Office: 711 E. Main St. Quincy  
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### Any Questions?

#### Ask Your WIC Staff

Katy Dyrre, R.D. - Program Manager

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**Please choose to be vaccinated to protect yourself, your family and friends.**