

Pointers For New Parents

A Yummy Yammy Way To Start The Day

by **Yamster the Hamster** (NAPS)—Breakfast is not just the first meal of the day—it can be one of the most important.

Students who eat breakfast before starting school have better grades and reading scores, are better behaved and have fewer visits to the school nurse.



Yamster the Hamster

Children who eat breakfast find it easier to keep their weight under control.

So what's a great way to start the day? Why not, yam it up and add some sweet potatoes to your breakfast menu?

Adding nutritious sweet potatoes to children's breakfast menus is a great way to boost their daily intake of important vitamins and minerals.

Louisiana sweet potatoes are a good source of beta carotene, vitamin C, folic acid and certain B vitamins. Best of all, kids love them for their delicious flavor and vivid color.

Yamcakes

1 cup mashed sweet potatoes or 1 (15-ounce) can sweet potatoes, drained
1½ cups skim milk
1 egg
2 tablespoons canola oil
2 tablespoons lemon juice
2 cups all-purpose flour
2 tablespoons light brown sugar

Did You Know?

Breakfast is not just the first meal of the day—it can be one of the most important. According to Yamster the Hamster, adding nutritious sweet potatoes to your children's breakfast menu, can boost their daily intake of important vitamins and minerals.



One sweet way to add nutrition to your child's breakfast is to sneak in some yummy, vitamin-packed yams.

1 tablespoon baking powder
1 teaspoon baking soda
1 teaspoon ground cinnamon

In a small bowl, mix together the sweet potatoes, milk, egg, oil and lemon juice.

In another bowl, combine the flour, brown sugar, baking powder, baking soda and cinnamon.

Stir the flour mixture into the sweet potato mixture, stirring only until combined. Heat a nonstick skillet coated with nonstick cooking spray over medium heat.

Pour about one-fourth cup batter onto skillet and cook about 1 to 2 minutes or until bubbly. Turn to cook on other side until light brown.

Makes 16 pancakes.

For more kid-friendly recipes and to learn more about Yamster, visit www.sweetpotato.org.

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