



Weekly Sauce

health

fashion & beauty

lifestyle

food

travel

mommy

savings

Breakfast to Enjoy by the Fireplace

Dec 1st, 2011

One of my favorite parts about the fall and winter months is the crisp mornings. There's nothing like waking up to the warm smell of oatmeal, pancakes, or waffles in a soft, cozy blanket as the winds howl outside. The comfort of a healthy and hearty breakfast in the winter is undeniable. Breakfast can also be a way to get that extra jolt and get



motivated in
of some gran

Over the Tha
morning to

oatmeal, and pancake and waffle mix were the perfect options! The company has a bundle of wholesome breakfast choices for whatever nourishment you crave on a chilly morning! Their guiding philosophy has always been to provide healthful and deliciously enjoyable foods made from the freshest, highest quality ingredients. They carry four satisfying granola flavors, Original Granola, Banana Honey-Nut Granola, Cranberry- Nut Vanilla Granola, and my personal favorite Blueberry Granola, as well as O.S.M. Oatmeal with Sunflower Seeds and Millet and O.S.M. Pancake and Waffle Mix with wheat flour, oats, and bran.

Pair any of their vitamin and fiber packed granolas with low fat, fat free, almond, or soy milk or make a yogurt parfait with some creamy Greek yogurt. Get creative with their oatmeal or pancake and waffle mix and top them with nut butter or raw chopped walnuts, almonds, or seeds for added protein and iron. Add some fresh seasonal fruit to any of these combinations for additional nutrients! You can also add any of their products to home made muffins or cookies for delicious and fulfilling treats. More fun and yummy recipes can be found [here!](#)

-Emily Freeman

BUNNERY NATURAL FOODS' granolas, oatmeal, and pancakes and waffle mix were the perfect options! The company has a bundle of wholesome breakfast choices for whatever nourishment you crave on a chilly morning!