

## Kitchen Diva by Angela Shelf Medearis

# Resolve to Shake Up Your Breakfast Routine

Every year, the most popular resolutions are: "Exercise to get in shape," "Diet to lose weight," "Save money" and "Eat healthier in general." If you've resolved to take charge of your health in the new year, a nutritious breakfast is one of the best ways to start your day.

When you eat a healthy breakfast, you consume less fat and cholesterol, eat more vitamins and minerals, have higher productivity throughout the morning and are more focused on the tasks at hand. A healthy breakfast also helps with weight loss and appetite control, and can lower cholesterol, which will reduce your risks for heart disease.

According to the American Dietetic Association, breakfast is especially important for children and adolescents. Kids who eat a healthy breakfast have better concentration and problem-solving skills, improved hand-eye coordination, are more alert and creative, miss fewer days of school and are more physically active.

If you've been skipping breakfast because you're pressed for time, a vitamin- and nutrient-rich, power-packed smoothie is the answer. Smoothies are easy to make, can be adapted to suit individual tastes and best of all, they're portable if you need a "breakfast to go." These healthy smoothie recipes contain fruits, vegetables, wheat germ, soy milk and soft silken soy tofu, which is easier to incorporate in most drink or sauce recipes.

When selecting soybean-based products like soy milk or tofu, look for a Certified Non-GMO label. This means the product was produced without genetic engineering and its ingredients are not derived from genetically modified organisms. The label also means that a product has undergone stringent provisions for testing, traceability and segregation. Only Non-GMO Project Verified products can use the verification mark. The label also includes the project's URL, where consumers can look up the product standard to better understand what it means.

Non-GMO soy milk and tofu add many health benefits to smoothie recipes. Tofu contains considerable amounts of protein, omega-3 fats, calcium, selenium and other minerals and antioxidants that all play a role in good health. Tofu is bland in taste, but easily absorbs and enhances the flavors of whatever you combine it with, and adds creaminess to your smoothie.

Wheat germ offers another way to add a punch of protein to your breakfast smoothie. Wheat germ is the embryo or kernel of the wheat. It's a rich source of protein, fiber, unsaturated fat, vitamins E, B1, B2, B5 and B6, phosphorus, zinc, thiamine and magnesium. Wheat germ has natural antioxidants and helps prevent heart disease, cancer and aging. It also protects the muscles, blood, lungs and eyes, and helps to prevent blood clots.

Wheat germ helps to strengthen your body's immune system and increases your ability to cope with stress. It's also a reliable source of natural fiber, which is essential to maintaining regular bowel

functions and preventing constipation.

Try these nutritious, vitamin-packed smoothie recipes to ensure you start your new year and a new day the healthy way!



PHOTO CREDIT: Depositphotos

### BREAKFAST IN A BLENDER

- 1 1/2 cups apple juice
- 1 cup soft tofu
- 1 banana, sliced
- 1/2 orange, peeled and seeded, or 1/2 cup orange juice
- 1/2 small, raw sweet potato, peeled and diced into cubes OR 1 small carrot, sliced into rounds
- 1/4 cup chopped kale or spinach, fresh or frozen
- 1/4 cup wheat germ
- 1 tablespoon honey or agave nectar

Puree all the ingredients together in small batches until smooth. Serve immediately or store in the refrigerator in a covered container overnight and shake well to mix contents. Makes 4 (8 ounce) glasses.

### FRUITY TOFU SMOOTHIE

- 1 cup soft tofu
- 1 banana, divided
- 1/2 cup soy milk or orange juice
- 1/2 cup plain or vanilla soy yogurt
- 1/2 cup strawberries or blueberries, fresh or frozen, divided
- 1/4 cup wheat germ
- 1 tablespoon honey or agave nectar

1. Blend the tofu, half the banana, soy milk or orange juice, yogurt, half the strawberries or blueberries and the wheat germ until fairly smooth. Add the remaining banana and strawberries, and blend until smooth.

2. Serve immediately or store in the refrigerator in a covered container overnight and shake well to mix contents. Makes 3 to 4 (8 ounce) glasses.

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Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## IPD arrests woman for violating Ky. EPO/DVO

Amber Snowden, 29, of Mt. Crest Drive, Irvine was charged December 23 by Officer Stewart Morris with violation of a Kentucky EPO/DVO.

Irvine police were dispatched to Mt. Crest Apartments because a female was screaming for help. She was inside a silver Cadillac SUV.

IPD located the vehicle. Officer Morris said the vehicle's owner, Joshua Sizemore, told him that he had been in a verbal disagreement with his girlfriend, Amber Snowden. She was leaving the scene as IPD was arriving.

The officer said he learned that Sizemore had filed for an EPO on Snowden, and it was now a DVO with stipulations of no contact.

Sizemore told the officers that he was at the apartment where Snowden lived, and they had a child together.

Morris stated that Snowden made numerous calls to Sizemore while he was on the scene. He said that Snowden cooperated with police and returned to the scene.

Detective Sam Hensley assisted with the investigation.

## Police arrests driver, say he passed out

Officer James Marshall charged Dylan T. Collett, 28, of Rosebud Avenue, Irvine with operating a motor vehicle under the influence and possession of marijuana on Christmas day.

The citation states that Collett was sitting in a running vehicle across from US Bank. He was passed out.

Marshall said he placed the truck in park and turned it off. He asked Collett to exit the vehicle and performed field sobriety tests.

The citation states that Collett said he had smoked marijuana earlier that evening.

He was transported to Marcum & Wallace Hospital where he refused a blood draw.

Marshall said that he found two marijuana cigarettes in Collett's cigarette package.

## Local hospital employees are the first in the county to receive Covid-19 shots

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The health department stated on their Facebook page that during their closure, they will continue Covid-19 surveillance and contact tracing.

Governor Andy Beshear has announced that

teachers will be one of the first groups to get Covid-19 shots. He has also recommended that students return to school on Monday, January 11.

However, Supt. Jeff Hensley said Estill schools will reopen a

## Public invited Saturday to Wesley's swearing in

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With these appointments, Wesley is in a position to not only impact his district, but also the entire Commonwealth. While the state budget will dominate the agenda, legislators are also expected to devote time to legislation aimed at strengthening the economy, address the Covid-19 pandemic, and the state's response to it.

Members of Natural Resources and Environment committee oversee state polices that deal with Kentucky's abundant natural resources. These include forestry, mining, soil and water conservation, flood control, water usage and quality, oil, gas and salt water wells.

The committee considers legislation that addresses the state's energy supplies, including electric and gas utilities and cooperatives, hydroelectric and thermonuclear energy, solar and renewable energy, and other alternative fuels. Members are also responsible for setting policies for the Public Service Commission.

Tourism and Outdoor Recreation members oversee legislation that deals with tourism, travel promotion, fish and wildlife, hunting and fishing, boating and horseback

riding. The committee also addresses issues like laws that apply to billboards, recreational land use, and all terrain vehicles.

Veterans, Military Affairs and Public Protection members consider legislation that deals with the state's active duty and retired military constituents, as well as fire prevention and protection, food, drug and poisons, and public safety. This committee is integral to the House's commitment to making Kentucky the most military friendly state in the nation.

"Committee assignments are always a difficult task, but more so this year because we have an exceptional class of first-term legislators, as well as veteran lawmakers who have proven experience shaping good long-term public policy," Osborne stated.

"The House Majority Caucus remains committed to making the state the best place to live and work. While the pandemic may have forced us to shift forces for now, we are still committed to our long term mission," Osborne added.

The 91st district includes all of Estill, Lee, Owsley and Breathitt counties, and a portion of Madison County.

## Fiscal Court Meets

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He said about 100 stop signs and road signs are broken off from all over the county. When emergency services are called, they depend on road names to locate their patients.

"Someone's life may depend on it," Watson stated.

He added a state policeman recently got back some road signs. When taken to court, the vandals will be required to reimburse the county for the signs.

Watson said the road signs are made out of fiberglass by the county road department. He estimates each sign costs \$50 to \$60 or more.

The stop signs are made of a non-recyclable metal.

Magistrate Gerry Flannery, who serves on the county's building committee, reported on recent maintenance jobs.

He said one air conditioning unit at the bank building was replaced while the roof was being repaired. A small leak was repaired in the courthouse roof.

Roofs were also repaired or replaced at the senior citizens building and the county fire de-

partment.

The budget of Sheriff Chris Flynn was amended to include CARES funds, which replaced money spent on salaries.

A resolution was passed on the importance of transportation to be sent to the state legislature. Because of lower gas dollars, the state is collecting fewer gasoline tax dollars. The resolution urged the legislature to adequately fund transportation needs.

The resignation of Tommy Mullen was accepted. He was the county's solid waste coordinator and animal control officer.

Ronnie Riddell, director of Estill Emergency Agency, recommended a bid of \$9,150 for inspection services for the safe room construction. Riddell said EMA received five quotes.

Ellenore and Michael Callan asked the fiscal court to maintain Bingham Road. The Callans own property there but had to move due to their jobs.

They have now retired and plan to move back to their property.

Watson said the fiscal court will look at the road.

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