

# What's Tasty: Breakfast, Gourmet Treasures, Wine and Dining...



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## A Wholesome Breakfast

While I love a hot cooked breakfast, I'm not much of a morning person so I often resort to cold cereal for breakfast. If that rings a bell with you or if you prefer not to search for a recipe prior to your first cup of coffee then [Jack and Jason's Pancakes](#) may be a great option for you. Unlike many prepared pancakes Jack and Jason's are made with organic ingredients. And they are made with whole wheat flour which gives them a healthful slant. They do require measuring milk and mixing an egg but otherwise are a prepared mix. Available flavors are original, blueberry, banana walnut, double chocolate and pumpkin spice.

