Iron Chef Healthy Breakfast Competition

* Research a heart healthy breakfast recipe to prepare
* Teams of 3-4
* Needs to include amount and % daily allowance for an adult (per serving) met of:
  + calories
  + fat
  + carbohydrates
  + protein
  + fiber
  + vitamins
  + minerals
* Ingredient lists and cooking utensils need to be provided to Mrs. Poorbaugh by Wednesday, June 1.
  + Most ingredients and cooking utensils will be provided
* Written document due the day on exam day
  + Names of group members
  + Recipe
  + Ingredients
  + Nutritional Information
  + Rationale for choosing
* You will make the meal during your exam time in class
  + Responsible for all cooking
  + Responsible for all clean up
* Breakfast will be judged for appearance, taste, and nutritional value