

Healthy(ier) Stampede Breakfast Roundup

Cheryl Stratchan – Sweet Spot Nutrition

<http://sweetspotnutrition.ca/healthier-stampede-breakfasting/>

**we're sharing 3 of Cheryl's 9 options – head over to her blog to find out more!*

Are you psyched for Stampede breakfasts? As a born and raised Calgarian who moved to the US for university and didn't return for 16 years, I unapologetically *love* Stampede breakfasts, not so much for the pancakes and sausages, but rather for our famous Western hospitality. Where else in the world do communities and businesses all over town welcome their neighbours with breakfast parties for 11 days straight?



If you hit just one or two breakfasts during Stampede, don't worry about a little white flour and processed meat. But if you're a Stampede breakfast fanatic like me, and you prefer more nutritious, energizing food anyhow, it's out there.

Here are eight breakfasts that go above and beyond, offering perks like whole fruit (vs juice), eggs or other protein-rich foods (vs processed meat), whole-grain pancakes, or gluten-free options, for those who need it.

[1. Ismaili Muslim Community 22st Annual Stampede Breakfast](#)

Saturday, July 7, 7:45-11am. Free.

**The Ismaili Muslim Jamatkhana and Centre
1128 45th Avenue NE.**

This was honestly the highlight of Stampede for me last year. There were friendly volunteers galore and they moved the huge crowd through with speedy efficiency.

In addition to pancakes, there are **eggs** and **bharazi**, a coastal East African dish made with pigeon peas in a mild coconut curry. Pigeon peas are little nutrition powerhouses: fiber, protein, potassium and more. A great (vegetarian) food adventure, and reportedly one of the most popular breakfasts in town, typically welcoming about 6000 people!

The community also opens their Jamatkhana (place of worship) for free tours, there will be a special exhibition entitled Expressions of Diversity, and activities for the kids.

[2. Get Stacked Vegan Pancake Breakfast](#)

Saturday, July 7, 9-12pm. Free.

**Bridgeland Riverside Community Association.
(Bring your own reusable cup and plate!)**

A vegan Stampede breakfast! In Calgary? Yes! It's actually quite popular. Is vegan necessarily healthier, or is this another health halo? That really depends on what replaces the bacon, sausage, and other animal foods. If it's mostly whole, minimally processed plant foods, like fruit, vegetables, whole grains, or legumes, you're in good shape, and they've got 'em.

Highlights:

- **Fresh fruit!** Whole fruit vs juice so you'll likely fill up on less and get more fibre.
- **Tofu scramble**, which is often much tastier than you might think, depending on the seasonings used. Give it a try! You might be pleasantly surprised.
- **High-fibre pancakes!** The first ingredient is sprouted spelt flour. Nice! Sprouted grains are whole grains, and they raise blood sugar relatively slowly (i.e. low glycemic index). The second ingredient is

refined/white flour, but the ingredients listed after that give you a nice little fibre boost: Oat bran, oats, ground flax, and chia.

- **Vegan sausages** – One is [wheat-based and quite high in protein](#) (19g!), the [other is “gluten-friendly”](#). That’s basically saying “It’s as gluten-free as we can make it, but prepared in a facility with gluten-containing foods, so we can’t guarantee it.” If you have celiac disease, look for truly gluten-free choices like you’ll find at the Calgary Celiac breakfast (below). If you don’t have a medical reason to avoid gluten or wheat, either will do.
- **“Gluten-friendly” pancakes**. Again, if you have Celiac disease and really need gluten-free, there’s no guarantee here. I’d go for the (mostly) whole-grain, high-fibre pancakes above unless you have some other reason to reduce (but not strictly avoid) wheat/gluten.

Too bad this is on the same morning as...

[3. Wendy T’s Stampede Breakfast](#)

Saturday, July 7, 9-11am.

Free to members, \$5 for others, \$10/family.

Marda Loop Community Centre

While we’re on the topic of gluten, let’s take a look at the Canadian Celiac Association (Calgary Chapter) breakfast. This is a healthier choice only if you have a medical reason to avoid gluten or wheat. The pancakes aren’t whole grain. The first three ingredients are **pea starch, white rice flour, and cornstarch**, so actually deliver *less nutrition* than the Robin Hood mix below, with similar eye-popping sodium (that’s any pancake mix).

But that’s okay — this is a fantastic event for the many people who can’t enjoy the food at typical Stampede Breakfasts. (I’m just on a mission to dispel the myth that something is healthier just because it’s gluten-free.)

Menu highlights:

- [Gluten-free pancakes](#) which are also nut-free and prepared without dairy, but they do contain eggs, for those with other allergies and intolerances.
- [Gluten-free breakfast sausages](#)
- **Maple syrup** — While I’m dispatching health halos, can I just say that I too, love maple syrup, but let’s choose it for taste and maybe patriotism, not the “natural” label. Just two tablespoons give you about an “ideal” day’s worth of sugar, [according to the Heart & Stroke Foundation](#), so a little goes a long way.
- **Omegalicious flavored fish oils**, which are come in flavours like peach mango or tangerine zest (!), sweetened with [xylitol](#), a natural lower calorie/carbohydrate sweetener. I’ve never tried them, but it’s certainly something different.

They’re also hosting two surprise vendors who’ll be handing out some samples of new gluten-free goodies, so should be fun if you or a loved one is living with celiac disease.

*to get the remaining list, hop over to: <http://sweetspotnutrition.ca/healthier-stampede-breakfasting/>