

Cereal & Milk



Not your average bowl of cereal. Walnuts, dried fruit, and spinach make this blend an excellent source of omega-3 fatty acids, iron, vitamin A, and vitamin C.



Nutrition Info

- Makes:** 28 fluid ounces
= 3 ½ cups
= 830 milliliters (mL)
- Calories:** 1030 kcal
- Kcals/ mL:** 1.24 kcal/ mL
- Carbohydrate:** 50%
- Protein:** 14%
- Fat:** 36%

Make it for the whole family:

Enjoy a bowl of cereal with your tubie. Add nuts and dried fruit for a boost of vitamin and minerals.

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Ingredients

- 2 cups 2% milk
- 4 ounces water
- 2 cups dry shredded wheat cereal
(approximately 300 calories of cereal
according to label on package)
- ¼ cup raisins or other dried fruit
- ½ cup walnuts or pecans
- 1 cup spinach or other leafy greens

Preparation

1. Add all ingredients to blender in order listed, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

High power blender

Measuring scale

Measuring tools:

- 1 cup
- ½ cup
- ¼ cup

Tips

Swap the dried fruit out for 1 cup of fresh fruit.

Try other whole grain cereals low in sugar, made with simple ingredients.

Use any milk or milk substitute of your choice.



For more recipes and information visit www.CookingForTubies.com
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