

# BUILD YOUR OWN Hot Cereal

Choose from your favorite ingredients and make it your own!

**Prep Time:** 10 minutes  
**Total Time:** 10 minutes



## GRAIN



**½ cup cooked oatmeal**



**½ cup prepared whole grain cream of wheat**



**½ cup cooked brown rice**



**½ cup cooked quinoa**

## FRUIT



**½ cup frozen mixed berries, thawed**



**½ cup diced apple**



**¼ cup raisins**

## DAIRY



**¼ cup low-fat milk**



**¼ cup unsweetened fortified soymilk**



**¼ cup low-fat vanilla yogurt**

## PROTEIN



**2 tablespoons peanut butter**



**¼ cup slivered almonds**



**2 tablespoons chia seeds**



**2 tablespoons flaxseeds**

## Directions:

- Select a grain, fruit, dairy, and protein.
- Heat grains in a microwave for 1-2 minutes, or until steaming.
- Stir in fruit, dairy, and/or protein choices. Enjoy warm.
- Makes 1 serving.
- As you become more familiar with the recipe, try adding or replacing with different grains, fruits, dairy, and protein options.

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