

Springtime Cereal

This delicious mix combines sunflower seeds, almonds, fruit, and yogurt for a hearty breakfast. Try with fresh strawberries from your garden or farmer's market in spring.

Makes: 2 servings

Ingredients

- ¾ cup wheat and barley nugget cereal
- ¼ cup 100% bran cereal
- 2 teaspoons sunflower seeds, toasted
- 2 teaspoons almonds, sliced and toasted
- 1 tablespoon raisins
- ½ cup sliced bananas
- 1 cup sliced strawberries, divided
- 1 cup strawberry yogurt (or raspberry)



Directions

1. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, almonds, and raisins in a medium bowl.
2. Gently stir in the bananas, half of the strawberries, and yogurt. Divide between two bowls.
3. Scatter the remaining strawberries over the top and enjoy!

Recipe from: US Department of Health and Human Services, adapted by the USDA Food and Nutrition Administration.

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