

RECIPE FILE

Include some ready-to-eat cereals in your diet

Keeping daily diets on an even keel can be a chore. But the benefits of feeling super to enjoy life each and every day are well worth a little extra effort.

One of the simplest dietary steps to improving your feeling of well being is to start each day with a good breakfast. Building that breakfast around ready-to-eat cereals is a simple, yet healthy approach.

Quick and easy to serve, delicious ready-to-eat cereals provide complex carbohydrates which too often are lacking in our high protein, high fat food choices. Most ready-to-eat cereals also are low in fat.

Extending the nutritional benefits of cereals into meal and snack occasions throughout your day is another wise nutritional move. Multigrain cereal fruit mixtures, such as Kellogg's Muslix, will add new life to side dishes like stuffing.

When your schedule includes a heavy meal, balance your day by eating a quick, yet nutritious snack like Yogurt Muslix for lunch.

It takes only minutes to prepare and is best eaten within 30 minutes. Mandarin orange segments or another tender fruit may be substituted for kiwifruit.

Yogurt Muslix

- 2 kiwifruit, peeled, halved and sliced;
- 3/4 cup low-fat yogurt;
- 1 1/2 cup Kellogg's Muslix cereal bran or five grain;
- 2 tsp maple syrup;

Directions: Combine kiwifruit with yogurt, reserving 2 pieces of fruit for garnish.

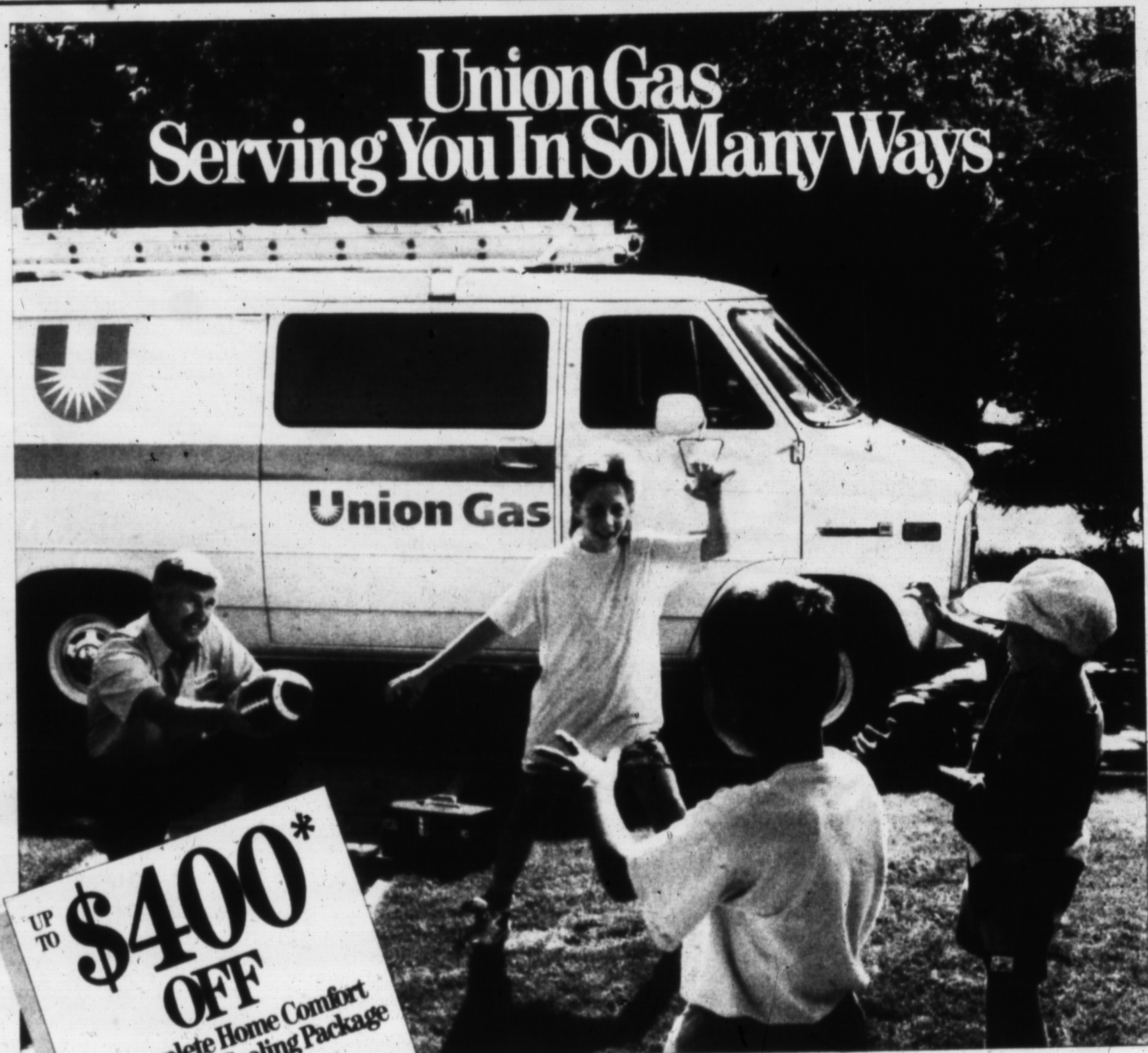
In each of two sherbet or dessert dishes, layer approximately 1/4 cup yogurt mixture with 2 tablespoons cereal.

Repeat layers. Garnish with piece of kiwifruit. Drizzle with syrup just before serving.

Makes 2 servings. Each 3/4 cup serving with Bran Muslix has 230 calories, 2.6 g fat and 4.1 dietary fibre. With Five Grain Muslix, 240 calories, 2.8 g fat and 2.9 g dietary fibre.



Ready-to-eat multi-grain cereals add nutrition plus taste and texture variety to delicious snacks and side dishes.



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