

Cinnamon-Raisin Breakfast Mix

Makes: 10 Servings

Try this quick and easy breakfast mix, made in the microwave. Scoop portions into small bags and serve with yogurt and a banana for a nutritious, on-the-go breakfast!

Ingredients

- 1/4 cup** sugar
- 1 teaspoon** ground cinnamon
- 1/4 cup** margarine, tub-style
- 1 1/2 cups** square, whole-grain corn cereal
- 1 1/2 cups** square, whole-grain rice cereal
- 1 1/2 cups** square, whole-grain wheat cereal
- 1/2 cup** raisins or dried cranberries

Directions

1. In small bowl, mix sugar and cinnamon; set aside.
2. In large microwavable bowl, microwave butter uncovered on High about 40 seconds, or until melted.
3. Stir in cereals until evenly coated. Microwave uncovered 2 minutes, stirring after 1 minute.
4. Sprinkle half of the sugar mixture evenly over cereals; stir. Sprinkle with remaining sugar mixture; stir.
5. Microwave uncovered 1 minute.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	165	
Total Fat	4 g	6%
Protein	2 g	
Carbohydrates	25 g	8%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	210 mg	9%

MyPlate Food Groups

Grains	1/2 ounce
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6. Stir in raisins or dried cranberries. Spread on paper towels to cool.

Notes

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.