

Springtime Cereal

Makes: 2 servings

Ingredients

- 3/4 cup** wheat and barley nugget cereal
- 1/4 cup** bran cereal (100%)
- 2 teaspoons** sunflower seeds (toasted)
- 2 teaspoons** almonds (toasted, sliced)
- 1 tablespoon** raisins
- 1/2 cup** banana (sliced)
- 1 cup** strawberries (sliced)
- 1 cup** yogurt (raspberry or strawberry, low-fat)

Directions

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

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	380	
Total Fat	5 g	8%
Protein	14 g	
Carbohydrates	76 g	25%
Dietary Fiber	11 g	44%
Saturated Fat	1.5 g	8%
Sodium	340 mg	14%