

# 5 A Day Recipes

## Breakfast

### Springtime Cereal

#### Serves 2

Provides 1½ fruit servings per person

People everywhere eat cereal for breakfast, but I have something even better! This crunchy and creamy breakfast treat starts your day with pure contentment. First, mix  $\frac{3}{4}$  cup wheat and barley nugget cereal with  $\frac{1}{4}$  cup of a bran cereal, toasted sunflower seeds, and toasted sliced almonds. This provides you with crispy crunchy dietary fiber. Now, add 1 tablespoon of plump raisins and  $\frac{1}{2}$  cup each of banana and strawberry slices, to add some vitamin C, potassium, and iron. For creamy texture, stir in 1 cup of low-fat raspberry yogurt and scatter another  $\frac{1}{2}$  cup of strawberry slices on top. You'll have a fast, energy-packed breakfast.

- $\frac{3}{4}$  cup wheat and barley nugget cereal
- $\frac{1}{4}$  cup 100% bran cereal
- 2 teaspoons toasted sunflower seeds
- 2 teaspoons toasted sliced almonds
- 1 tablespoon raisins
- $\frac{1}{2}$  cup sliced bananas
- 1 cup sliced strawberries
- 1 cup low-fat raspberry or strawberry yogurt

1. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl. Add the raisins, the bananas, and halve the strawberries.

2. Gently stir in the yogurt and divide between 2 bowls. Scatter the remaining strawberries over the top and enjoy!

#### Nutritional Analysis per serving:

Per serving with low-fat yogurt:

352 calories

6 g fat

16% calories from fat

1 g saturated fat

3% calories from saturated fat

69 g carbohydrates

272 mg sodium

8 g dietary fiber

Per serving with light yogurt (sugar substitute):

268 calories

5 g fat

16% calories from fat

0 g saturated fat

0% calories from saturated fat

53 g carbohydrates

263 mg sodium

9 g dietary fiber