

Maine Breakfast Grape-Nuts

Please Note: Despite the name, Grape-Nuts are not really nuts.

Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Soy*

1 cup Grape-Nuts

1 cup milk

½ banana sliced or 1 cup berries of choice

In a microwave safe bowl, combine the Grape-Nuts and milk. Microwave for 1 minute or until the Grape-Nuts are warm and soft. Top with banana or berries. Enjoy warm.

Servings: 1 (\$1.35/serving)

****This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free. Please see allergen shopping lists for recommended products.***