



Dept. of Health Education
Tufts University

HOT GRAPE-NUTS CEREAL

Time: 2 min.

Servings: 1 person

Ingredients:

- ½ cup Grape-Nuts Cereal
- 1 tablespoon honey
- 1/3 cup fat-free milk

Directions:

- Combine cereal and milk in microwavable bowl
- Drizzle with honey
- Microwave on high—30 seconds for a big crunch; 60 seconds for a little crunch



Did you know? The oldest written reference to honey dates back to the Egyptians in 5,500 B.C. To make one pound of honey, the bees in a colony must visit 2 million flowers, and a typical beehive can make up to 400 pounds of honey per year. Also, honey contains important nutrients such as magnesium, calcium, zinc, Vitamin A, Vitamin C, and potassium!

Benefits: Grape-Nuts are loaded with whole grains, a natural source of fiber, low in fat, high in folic acid and iron, and cholesterol free. The whole grain in Grape-Nuts is a natural source of antioxidants. Fat-free milk provides protein, calcium, potassium, and Vitamin D.

Visit the BYL blog and website for more delicious, healthy recipes and other useful information!

<http://sites.tufts.edu/balanceyourlife/> and <http://ase.tufts.edu/healthed/balance.htm>