

BLT NEWSLETTER

APRIL 2015

Cereal Mix

Prep time: 10 minutes

Cost per Serving: \$0.28

Utensils needed

4 Medium bowls

Measuring cups & spoons

Zippered sandwich bags

Nutrition Facts:

MyPyramid:

1 ounce of grains

Ingredients

- ◆ Low fat and sugar whole grain cereal
- ◆ Dried fruit (raisins, cranberries, cherries, or apricots)
- ◆ Nuts (pecans, walnuts, or almonds)
- ◆ Seeds (pumpkin, seeds or sunflower seeds)

Directions

1. Wash your hands and clean your cooking area
2. Place ingredients into separate bowls or sandwich bags
3. Mix different ingredients together to make different cereal mixes.

Breakfast Sentence

Write a ? at the end if it is an asking sentence.

What is your favorite cereal

What is your favorite snack

Write an asking sentence about breakfast.

