

Instant Hot Cereal From Cold Cereal



TIPS:

1. This is the quickest and easiest way to make instant hot cereal. All you have to do is warm up your favorite cold cereal in the microwave oven.
2. Adding protein rich Greek yogurt, which has 2-4 times more protein than regular yogurt, will make your favorite cold cereal sustain you longer than cold cereal alone with milk.

Preparation Time: About 1 minute

Cooking Time: 1-2 minutes

Needed

Favorite Cold Cereal (I'm using a mix of cereals)

Milk or Milk Substitute (almond, soy, or coconut milk)

Favorite Yogurt (optional)

Favorite Jam (optional)

Banana (optional)

Microwave Oven Safe Bowl

Spoon

Table Knife (only needed if you're having a banana with the cereal)



1. Pour your **favorite cold cereal** or **mix of cold cereals** into a *microwave oven safe bowl*.



2. Cover the **cereal** with **good shot of milk** (or milk substitute).



3. Put the bowl in the middle of the microwave oven, and cook for at least 1 minute using your microwave oven's 100% POWER or HIGH heat

setting. **NOTE:** I used a 1200 watt microwave oven and cooked the cereal shown here for 1 1/2 minutes. Cooking time will vary depending on your microwave oven wattage and how much **cereal** and **milk** you have in the bowl.



4. After warming the **cereal**, carefully remove the bowl from the microwave oven.



5. Have the **hot cereal** either as is, or...



...topped with your choice or a combination of **yogurt**, your **favorite jam** and/or **sliced banana**.

