

How to Take Instant Hot Cereal From *Simple to Exciting!*



TIP: This recipe shows how to use a few commonly found added ingredients to take instant hot cereal made from your favorite cold cereal from *simple to exciting!* Of course, these added ingredients are only suggestions. As always, your taste and imagination are your only limits.

Preparation Time: About 5 minutes

Cooking Time: 1-2 minutes

Basic Ingredients

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

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

Simple to Exciting Ingredients

Favorite Yogurt Substitute (I'm using non-fat Greek yogurt)

Favorite Jam

Ripe Banana

Fresh Berries

Dried Fruit

Chocolate Chips

Nut Butter (I'm using almond butter)



Equipment

Microwave Oven Safe Bowl

Spoon

Colander (only needed for berries or other fruit that need to be rinsed)

Sharp Knife (only needed if you're having a banana or fruit that needs to be cut)



1. If you're using **fresh berries** (or other fruits that you will eat with the skin on), rinse them with cold tap water in a colander. Otherwise, skip to step 2.



2. Pour your **favorite cold cereal** into a *microwave oven safe bowl* (I'm using a combination of cereals).



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



4. 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.



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



6. Use your choice or a combination of **simple to exciting ingredients** as shown or any other **favorite ingredients** to suit your taste.

Favorite yogurt (I'm using plain non-fat Greek yogurt)



Favorite jam



Sliced banana



Cut fresh strawberries



Fresh blueberries



Dried fruit (I'm using dried cranberries)



Chocolate chips



Nut butter (I'm using almond butter)



7. Stir to mix all the **ingredients** together and serve warm.



© 2017 Bruce Tretter

Gotta' Eat, Can't Cook

"Show Me How" Video & Picture Book Cooking