

Hot Multi-Grain Cereal
Serves 2

½ cup multi-grain cereal
1½ cup water
¼ teaspoon salt (optional)

¼ cup berries or fruit

Bring all ingredients to boil and cook, stirring constantly, for 4-5 minutes. Serve with almond, rice or soy milk and top with berries/fruit.

Note: Brands to look for include Arrowhead Mills, Bob's Red Mill and Kashi.