

## Nugget Breakfast Cereal and Fruit

1 serving

¼ - ½ cup of cereal

1 cup soy, rice or almond milk

½ - 1 cup of winter fruit.

Here are some options:

apple

pear

orange

grapefruit

raisins, currants, figs, dates, etc.

frozen fruit

There are several brands of nugget-like, whole-grain cereal. Try Ezekiel (5 flavors) or Kashi. Ezekiel sprouts their grains which make them a little easier to digest. If you can't find either of these there is always Grape Nuts.

Choose ripe fruit in season, dried, or frozen.