

Cinnamon-Raisin Breakfast Mix

- ¼ cup sugar
- 1 teaspoon ground cinnamon
- ¼ cup margarine, tub-style
- 1 ½ cups square, whole-grain corn cereal
- 1 ½ cups square, whole-grain rice cereal
- 1 ½ cups square, whole-grain wheat cereal
- ½ cup raisins or dried cranberries



1. In small bowl, mix sugar and cinnamon; set aside.
2. In large microwavable bowl, microwave butter uncovered on High about 40 seconds, or until melted. Stir in cereals until evenly coated. Microwave uncovered 2 minutes, stirring after 1 minute.
3. Sprinkle half of the sugar mixture evenly over cereals; stir. Sprinkle with remaining sugar mixture; stir. Microwave uncovered 1 minute. Stir in raisins or dried cranberries. Spread on paper towels to cool.

10 servings (½ cup each)

Nutrition per Serving: Calories 165 (Calories from Fat 38); Total Fat 4g (Saturated Fat 1g, Trans Fat 0g, Polyunsaturated Fat 1g, Monounsaturated Fat 1g); Sodium 210mg; Potassium 120mg; Dietary Fiber 2g

% Daily Value: Total Fat 6% (Saturated Fat 5%); Sodium 9%; Potassium 3%; Dietary Fiber 8%; Calcium 6%; Vitamin D 6%

Whole Grain Serving: 1/2 (at least 8 grams whole grain per serving)

This is such an easy breakfast mix to make, because it's made in the microwave. Scoop portions of it into small plastic bags and serve with 1 cup of low-fat or fat-free yogurt and a banana for a nutritious, on-the-go breakfast!



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.