How to make a delicious cereal breakfast

Detail Introduction :

How we eat for breakfast has a lot to do with our health. It is best to eat a nutritious and balanced ce
breakfast, so that the intake of fat and cholesterol throughout the day will be relatively reduced, and
same time, more fiber will be ingested. , And important vitamins and minerals.

Cereals and milk have always been an excellent breakfast combination. Cereal Production Line can p
many types of cereal breakfasts. You can choose different types of products to match. But for a long
you often eat it in this way, you will inevitably get tired of the conventional grain and milk combinatio

In fact, there are many other ways to eat cereals besides eating them with milk. If you have some cer
home and you don't know how to deal with them, try some new methods. Here are some delicious ce
breakfast practices, those who are interested can follow along to learn, which will bring you great fun

Banana walnut mixed breakfast:

Ingredients: cereals, chopped walnuts, banana chips, yogurt mixed with raisins

How to do it: If you don’t have time to make breakfast, this is a very good way. You can mix all the ing
in a plastic bag the night before, and eat it the next morning, with a non-fat latte. Make the breakfast
perfect. Take your favorite flavors into breakfast and eat them immediately. This new habit will make
breakfast more convenient and interesting.

Apple crisp breakfast:

Ingredients: granular cereals, apple diced, raisins, cinnamon bark, walnut kernels, non-fat yogurt,
unsweetened apple sauce

Method: Put apple diced apples, applesauce, raisins, and cinnamon in a bowl, mix well, then sprinkle
grains evenly on top, then heat in the microwave, if necessary, put a layer of cheese on top . If you lik

food, you can put the prepared breakfast in a glass jar the night before, keep it in the refrigerator ove and take it away anytime the next morning.

Almond Butter Cereal Bars:

Ingredients: cereals, honey, almond butter, vanilla extract, dark chocolate chips

Method: Melt the butter, then put honey and vanilla in a small saucepan and mix and heat. After heat reduce the heat to low heat, slowly add the grain powder and chocolate chips, and mix well. Compres mixtures in a glass container of suitable size. It is best to add cooking spray and refrigerate it overnig refrigerator. Finally, take it out and cut into chunks for consumption.

Parfait cereal breakfast:

Ingredients: cereals, honey, blueberries, goji berries, almond flour, nonfat yogurt

Method: Add honey to the yogurt and stir evenly. Find a plate or glass jar for parfait, and add cereals, honey mixture, blueberries, goji berries, and almond powder in sequence. If every ingredient is put tw will be double Parfait. This breakfast not only combines a variety of flavors, but also concentrates a va nutritional essence.

The four kinds of cereal breakfast methods are introduced above, which are relatively simple and eas learn. You only need some common ingredients to make a delicious and nutritious breakfast. The pro process is also very interesting. If you are tired of the combination with milk and have nothing to do, try the above methods, or if you have other ideas, you can also try.

Cereal Production Line produces a variety of cereal breakfasts. If you don’t want to make them or don time to make them, you can also choose to buy them directly. The cereal breakfasts it produces are v quality and healthy, and you can buy them with confidence.