

Super Cereal Mix

Ingredients:

- 5 c. "quick cooking" oatmeal
- 4 Tbsp. brown sugar
- 1 c. raisins (or dried cranberries or other dried fruit)
- 1/2 c. nonfat dry milk powder
- 1 tsp. cinnamon

Directions:

- In a large bowl, combine oatmeal, brown sugar, dried fruit, cinnamon and nonfat dry milk. Transfer ingredients to an airtight container or jar to store until ready to use. Label jar with name of contents and date.
- To serve: Place ½ cup of mixture and up to ½ cup boiling water into a cereal bowl. Let stand until thickened. If desired, top with skim milk, additional brown sugar, fruit or nuts.

Makes 13 servings. Per ½ cup serving: 180 calories, 2 grams (g) fat and 35 g carbohydrate.

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