

# Creamy Hot Wheat Cereal

Yield: 1 Cup



## Ingredients:

- Vanilla flavoured nutrition supplement drink 1 cup (1 bottle) (237 mL)
- Cream of Wheat® cereal 2 Tbsp. (30 mL)
- Brown sugar 1 tsp (5 mL)
- Whipping cream (35% MF) 1 Tbsp. (15 mL)
- Raspberries, fresh or frozen ¼ cup (60 mL)

## Instructions:

1. Pour nutrition supplement into a small pot.
2. Add the wheat cereal.
3. Put the pot on the stove and turn the heat to high. Bring the mixture to a boil, stirring often.
4. Once boiling, turn the heat down to medium. Keep stirring until thickened. The cereal will take about 3 minutes to cook.
5. Remove the pot from the burner and turn off the stove.
6. Spoon the hot wheat cereal into a serving bowl. Top with brown sugar, whipping cream, and berries.

Recipe Source: Adapted with permission from Nutrition Services, Creamy Hot Wheat Cereal® 2018

## Equipment List:

- Small pot
- Heat proof spoon
- Spatula
- Set of measuring cups
- Set of measuring spoons
- Bowl and spoon for serving



## Nutrition Facts

Per ½ cup

<b>Calories 260</b>	<b>% Daily Value*</b>
<b>Fat 9 g</b>	12 %
Saturated 2.5 g	13 %
+Trans 0 g	
<b>Carbohydrate 38 g</b>	
Fibre 1 g	4 %
Sugars 14 g	28 %
<b>Protein 8 g</b>	
<b>Cholesterol 10 mg</b>	
<b>Sodium 190 mg</b>	8 %
Potassium 265 mg	6 %
Calcium 149 mg	10 %
Iron 6 mg	35 %

\*5% or less is a little, 15% or more is a lot

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ahs.ca/shcwellness  
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