

Creamy Hot Wheat Cereal

(Nutrition Supplement)

Are you having a hard time eating enough food? Using a nutrition supplement drink may provide you with extra calories and protein to help you meet your nutrient needs.



Ingredients:

2 Tbsp	Smooth wheat cereal, such as Cream of Wheat™ (dry)	30 mL
1 bottle (1 cup)	Vanilla nutrition supplement drink	235–250 mL
¼ tsp	Salt	1 mL
	Berries (optional)	
	Brown sugar (optional)	
	Cream (optional)	

Directions:

On stove:

1. Mix cereal, vanilla nutrition supplement drink, and salt in a small saucepan on medium heat.
2. Heat until boiling, stirring often until cereal thickens. (10–12 minutes)
3. Remove from stove and pour into bowl. Serve hot.
4. Optional: Add brown sugar, berries and/or cream.

In microwave:

1. Mix cereal, vanilla nutrition supplement, and salt in a large microwave-safe bowl (to allow room for boiling).
2. Microwave for 5–6 minutes, stirring every minute, until mixture boils and thickens.
3. Pour into bowl. Serve hot.
4. Optional: Add brown sugar, berries and/or cream.

Makes 1 serving

Creamy Hot Wheat Cereal

(Nutrition Supplement)

Nutrition Facts	
Amount per serving (277 g)	
Amount	% Daily Value
Calories 330	
Fat 6 g	9 %
Saturated 0.5 g	3 %
+ Trans 0 g	
Cholesterol 5 mg	
Sodium 850 mg	35 %
Carbohydrate 56 g	19 %
Fibre 1 g	4 %
Sugars 18 g	
Protein 11 g	
Vitamin A	38 %
Vitamin C	50 %
Calcium	45 %
Iron	77 %

Adding optional ingredients will increase the carbohydrate, fat and calories.