

Creamy Hot Wheat Cereal

Using 3.25% milk instead of water for hot cereals is a great way to add extra protein and calories.



Ingredients:

¾ cup	3.25% (homogenized) milk	175 mL
1 ½ tsp	Soft margarine (or butter)	7 mL
2 Tbsp	Smooth wheat cereal, such as Cream of Wheat™ (dry)	30 mL
2 Tbsp	Skim milk powder	30 mL

Directions:

1. In a small pot, heat milk over medium heat until just below boiling.
2. Add dry cereal slowly, stirring constantly.
3. Add margarine and reduce heat. Allow to cook uncovered until desired consistency is achieved and cereal has cooked through (no longer has hard granules).
4. Add skim milk powder. Cook for 1 more minute. Do not allow to rapidly boil.
5. Remove from heat.

Makes 1 serving (175 mL/ ¾ cup/218 g)

Creamy Hot Wheat Cereal

Nutrition Facts

Per recipe (175 mL/ ¾ cup/ 218 g)

Amount	% Daily Value
Calories 270	
Fat 12 g	18 %
Saturated 4.5 g + Trans 0 g	23 %
Cholesterol 20 mg	
Sodium 170 mg	7 %
Carbohydrate 30 g	10 %
Fibre 1 g	4 %
Sugars 14 g	
Protein 12 g	
Vitamin A	20 %
Vitamin C	0 %
Calcium	30 %
Iron	20 %