



# Cinnamon-Raisin Breakfast Mix

**Makes:** 10 Servings

Try this quick and easy breakfast mix, made in the microwave. Scoop portions into small bags and serve with yogurt and a banana for a nutritious, on-the-go breakfast!

## Ingredients

**1/4 cup** sugar

**1 teaspoon** ground cinnamon

**1/4 cup** margarine, tub-style

**1 1/2 cups** square, whole-grain corn cereal

**1 1/2 cups** square, whole-grain rice cereal

**1 1/2 cups** square, whole-grain wheat cereal

**1/2 cup** raisins or dried cranberries

## Directions

1. In small bowl, mix sugar and cinnamon; set aside.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>144</b>
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	142 mg
Total Carbohydrate	25 g
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars included	6 g
<b>Protein</b>	<b>2 g</b>
Vitamin D	0 mcg
Calcium	37 mg
Iron	4 mg
Potassium	103 mg
N/A - data is not available	
<b>MyPlate Food Groups</b>	
 Grains	1/2 ounce

2. In large microwavable bowl, microwave butter uncovered on High about 40 seconds, or until melted.
3. Stir in cereals until evenly coated. Microwave uncovered 2 minutes, stirring after 1 minute.
4. Sprinkle half of the sugar mixture evenly over cereals; stir. Sprinkle with remaining sugar mixture; stir.
5. Microwave uncovered 1 minute.
6. Stir in raisins or dried cranberries. Spread on paper towels to cool.

## Notes

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

**Source:** The "Grain Chain"