

Breakfast Bonanza

Cheeky Cereal



Cereal is a firm favourite when it comes to breakfast time, with the average household having five boxes! Instead of reaching for milk and sugar, why not check out our ideas and try something new?

Milk Variations

- Hot milk – hot milk can be a pleasant change, especially during the winter. This works best with bran or wheat based cereals or muesli
- Flavoured milk – if adding fruit to cereal doesn't appeal; why not try adding it to the milk? Simply blitz the milk with a fruit of your choice and pour over the cereal
- Almond, rice, oat and soya milk – using a different type of milk can transform the taste of cereal
- Yoghurt – plain or fruit yoghurt adds an extra texture to breakfast cereals. Try layering yoghurt, cereal and fruit for an alternative cereal-based breakfast
- Fruit juice – although not for everyone, fruit juice can add another flavour to cereal, try using apple juice on muesli



Topping Ideas

- Dried fruit such as mango, apricots, pineapple, apple, raisins, dates, figs, cranberries, cherries or coconut
- Fresh fruit such as bananas, apples, peaches, passion fruit, pears or berries
- Spices such as cinnamon, cardamom, vanilla or nutmeg
- Seeds for example sunflower seeds, sesame seeds, pumpkin seeds, linseeds or pine nuts
- Nuts such as almonds, cashews, hazelnuts or soy nuts
- Honey or reduced-sugar jam for hot cereal such as porridge



Winning Combinations

- Dried mango, coconut and fresh banana with a bran-based cereal
- Strawberry flavoured milk with an oat-based cereal sprinkled with toasted almonds
- Apple and cinnamon porridge
- Muesli layered with plain yoghurt, passion fruit and pineapple

