

Cereal with milk

Breakfast is the *most important meal* of the day I like to start my day with



a healthy cereal like Kashi goLean then I add my milk

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Recipe type: Breakfast

Ingredients

- cereal
- milk

Instructions

1. pour cereal
2. pour milk

Notes

great way to start your day

Nutrition Information

Calories: 250



Recipe by MyRDNutritionist at <http://myrdn.com/cereal-with-milk-2/>