

Ingredients

1/4 cup old fashioned oats
1/4 cup grape nuts
1/4 cup bite sized shredded wheat
1/4 cup Uncle Sam cereal
1 oz walnuts
1/2 cup almond or soy milk

Instructions

Combine ingredients in a bowl; add milk. Can make a larger batch and store in an air tight container for 2-3 months.

If you are unable to find Uncle Sam cereal, you can substitute 1/2 cup bran flakes and 1 tablespoon flax seed meal for the Uncle Sam cereal.

Modified from Engine 2 Diet cookbook

Nutrition Information Per Serving

Serving Size: 1 cup cereal, 1/2 cup milk

Serves 1

Calories: 310

Fat: 6 gm

Sodium: 260 mg

Fiber: 11 gm

Carbohydrates: 63 gm

Protein: 11 gm