



## Supplement/Fortify Your Kellogg's® Cold Breakfast Cereals



### Why Add Extra Protein and Calories to Cold Breakfast Cereals?

- **Nutritional Boost:** Enriched with extra protein and calorie-dense ingredients.
- **Muscle Support:** Helps maintain and build muscle.
- **Energy Boost:** Provides lasting energy for the day.
- **Balanced Meal:** Turns cereal into a more complete, satisfying meal.
- **Ideal for Extra Nutrition:** Great for weight gain, wound healing, muscle growth, or addressing malnutrition.

### Recipe for Fortified Milk:

#### Ingredients:

	<u>1 serving</u>	<u>5 servings</u>
Whole Milk (3.25 % M.F.)	200 ml/¾ cup	1 L/4 cups
Non-fat Skim Milk Powder	21 g(50 ml/3 T + 1 tsp)	104 g(250 ml/1 cup)

#### Preparation Steps:

Pour milk into a jug. Whisk in non-fat dry milk powder into the liquid milk. Use immediately or chill at <4°C/40°F.

*Nutrition Facts per 1 serving of fortified milk (200 ml/¾ cup) = 201 calories, 14 g protein*

Nutrient Information from **Canadian Nutrient File (CNF) & Nutrition Facts table** or **Nutrition Information from WK Kellogg Co products**



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### Kellogg's® Fortified Cold Cereal Recipe #1

Cereal	Add-In	Amount	Protein (g)	Calories (kcal)
<b>Kellogg's Cold Cereal</b> All-Bran Flakes® cereal, All-Bran Original® cereal, Kellogg's Corn Flakes® cereal, Froot Loops® cereal, Kellogg's Frosted Flakes® cereal, Rice Krispies® cereal, Special K® Original cereal, Kellogg's Two Scoops Raisin Bran® cereal, Vector® meal replacement, Mini-Wheats® Original cereal (white frosting)		250 ml/1 cup	2-6	110-190
	<b>Fortified Milk</b>	1 serving (200 ml/ 3/4 cup)	14	201
	<b>Sugar, granulated</b>	5 ml/1 tsp	0	16
<b>TOTAL PER SERVING</b>			<b>PROTEIN</b> <b>16-20 g</b>	<b>CALORIES</b> <b>327-407 kcal</b>

#### Preparation Steps:

Pour cereal into a bowl; add the prepared fortified milk on top and sprinkle cereal with sugar(if using). Serve immediately or allow to soften if desired for at least 20 minutes while in refrigerator at <4°C/40°F.

### Kellogg's® Fortified Cold Cereal Recipe #2

Cereal	Add-In	Amount	Protein (g)	Calories (kcal)
<b>Kellogg's Cold Cereal</b> All-Bran Flakes® cereal, All-Bran Original® cereal, Kellogg's Corn Flakes® cereal, Froot Loops® cereal, Kellogg's Frosted Flakes® cereal, Rice Krispies® cereal, Special K® Original cereal, Kellogg's Two Scoops Raisin Bran® cereal, Vector® meal replacement, Mini-Wheats® Original cereal (white frosting)		250 ml/1 cup	2-6	110-190
	<b>Protein Powder, non flavoured</b>	1 scoop (7 g)	6	25
	<b>Half &amp; Half Cream (10% M.F.)</b>	200 ml/ ¾ cup	5	267
	<b>Sugar</b>	5 ml/ 1 tsp	0	16
<b>TOTAL PER SERVING</b>			<b>PROTEIN</b> <b>13-17 g</b>	<b>CALORIES</b> <b>418-498 kcal</b>

#### Preparation Steps:

Stir one scoop of protein powder into cream until dissolved; mix in sugar (if using). Pour cereal into a bowl; add the prepared cream protein mixture on top. Serve immediately or allow to soften if desired for at least 20 minutes while in refrigerator at <4°C/40°F.



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### Kellogg's® Fortified Cold Cereal Recipe #3

Cereal	Add-In	Amount	Protein (g)	Calories (kcal)
<b>Kellogg's Cold Cereal</b> All-Bran Flakes® cereal, All-Bran Original® cereal, Kellogg's Corn Flakes® cereal, Froot Loops® cereal, Kellogg's Frosted Flakes® cereal, Rice Krispies® cereal, Special K® Original cereal, Kellogg's Two Scoops Raisin Bran® cereal, Vector® meal replacement, Mini-Wheats® Original cereal (white frosting)		250 ml/1 cup	2-6	110-190
	<b>Whipping Cream</b> <b>35 % M.F.</b>	60 ml/ ¼ cup	1	200
	<b>Milk, partly skimmed</b> <b>(2% M.F.)</b>	125 ml/ 1/2 cup	4	65
	<b>Sugar, granulated</b>	5 ml/ 1 tsp	0	16
	<b>TOTAL PER SERVING</b>		<b>PROTEIN</b> <b>7-11 g</b>	<b>CALORIES</b> <b>391-471 kcal</b>

#### Preparation Steps:

Pour cereal into a bowl; add the whipping cream and milk on top and sprinkle cereal with sugar (if using). Serve immediately or allow to soften if desired for at least 20 minutes while in refrigerator at <4°C/40°F.

### Kellogg's® Fortified Cold Cereal Recipe #4

Cereal	Add-In	Amount	Protein g	Calories kcal
<b>Kellogg's Cold Cereal</b> All-Bran Flakes® cereal, All-Bran Original® cereal, Kellogg's Corn Flakes® cereal, Froot Loops® cereal, Kellogg's Frosted Flakes® cereal, Rice Krispies® cereal, Special K® Original cereal, Kellogg's Two Scoops Raisin Bran® cereal, Vector® meal replacement, Mini-Wheats® Original cereal (white frosting)		250 ml/1 cup	2-6 g	110-190
	Vanilla Greek Yogurt (2% M.F.)	109 g (125 ml/1/2 cup)	9	94
	<b>TOTAL PER SERVING</b>		<b>PROTEIN</b> <b>11-15 g</b>	<b>CALORIES</b> <b>204-284 kcal</b>

#### Preparation Steps:

Pour cereal into a bowl; add the Greek yogurt on top and mix gently. Serve immediately or allow to soften for at least 20 minutes while in refrigerator at <4°C/40°F.