



With peaches, a delightful variant from the routine breakfast. And yet supremely "good for you" too.



Blackberries, strawberries, raspberries ---any kind of fresh berries with Puffed Grains, each brings added goodness to the other. A summer breakfast treat, incomparable.



Puffed Grains with sliced bananas and cream; or "half-and-half"-- try this to start the mornings right.