



Cereal with Banana

Info:

Makes 1 Servings 250 Calories per Serving

LOW CAL

Ingredients:

- ❖ 1 Cup Raisin Bran or other High Fiber Cereal
- ❖ 4 oz Skim Milk
- ❖ ½ Banana



Preparation:

1. Chop banana and add to cereal, enjoy!

