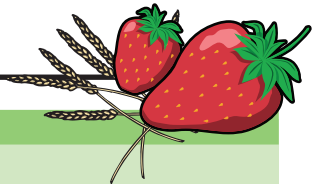


Cheerios & Fruit



Ingredients:

- 1 box of Cheerios or other whole-grain, low sugar cereal
- 1% or fat-free milk

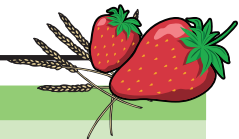
- 1 banana, cut into small pieces
- fresh strawberries, cut into small pieces



Directions:

- 1 Pour a bowl of cereal and add milk.
- 2 Sprinkle with small pieces of banana and strawberries.





Tips:

Cut bananas and strawberries into pieces no larger than $\frac{1}{2}$ inch to prevent choking.

Low-fat milk (1% and fat-free) is appropriate *only* for children over the age of two.