

COLD CEREAL

Serving Size: $\frac{3}{4}$ Cup

Protein: 6 grams with milk

Ingredients:

	1 portion	2 portions	4 portions
Cold Cereal Flakes or Cheerios	$\frac{3}{4}$ Cup	1 $\frac{1}{2}$ Cups	3 Cups
Cold Milk	$\frac{1}{2}$ Cup	1 Cup	2 Cups
Thickener	1 Tbsp.	2 Tbsp.	$\frac{1}{4}$ Cup

Directions:

1. Soak the cereal with the milk until it is mushy for the DP/DM textures. As the person progresses the cereal can be as tolerated.
2. If the person is on a thickened liquid consistency, then the milk will have to be thickened to that consistency. Then pour it over the cereal.
3. All the milk will need to be absorbed or thickened.

Hot Cereal: For the DP cereal needs to be smooth without lumps like cream of rice or wheat. The DM texture can tolerate oatmeal, zoom and other hot cereals as tolerated by the person. If you are working with a speech pathologist/therapist they can be more specific on what you can and cannot eat after the evaluation and future therapy sessions.

Fortified Hot Cereal: When preparing hot cereal from recipe on the box add $\frac{3}{4}$ non-fat dry milk solids to the liquid used to make cereal. When liquid is boiling and milk solids are dissolved add the cereal granules and prepare according to recipe on box. Serve with brown sugar and margarine on top. Calories 450, protein 20 grams, this is an excellent high calorie high protein food product that is inexpensive and well tolerated by persons.

Fortified Cold Cereal: Add $\frac{1}{4}$ C. non-fat dry milk solids to the milk you are adding to cold cereal. Increases calories by 80 and 8 grams of protein.