

Oatmeal-Grape Nuts Cereal

10 cups raw rolled oats
10 cups Grape-Nuts cereal
2 cups dried cranberries

1. Mix all ingredients together. Add milk and enjoy.

Source: My adaptation of a cereal recipe in *Nancy Clark's Sports Nutrition Guidebook, Third Edition*

Comments: I prepare a large batch of this cereal mix and keep it on hand. We eat this for breakfast frequently both on the boat and at home. We use nonfat milk when serving, but if we ran out of fresh milk, we would add 1/3-1/2 cup of milk powder to each serving, then add water. We usually add a couple more ingredients just before eating—selecting among things such as more dried cranberries, ground flax seeds, sliced almonds, chopped walnuts, dried ginger, blueberries, sliced bananas, etc. Sometimes we add a small quantity of another cereal, such as Nature's Path granola.