

Plus! it up!

PLUS IT UP WITH GENERAL MILLS BIG G CEREAL



Every Big G cereal is made with whole grains* and fortified with key vitamins and minerals, to offer families a delicious, nutrient-dense, convenient, and affordable meal each morning.



WHOLE GRAIN + MILK + FRUIT

Start your day with a breakfast classic, nutrient-dense cereal paired with milk and fruit. For an easy morning meal that's also nutritious and delicious, **Cereal with Low-Fat Milk and Banana** is a smart choice.



WHOLE GRAIN + PROTEIN + FRUIT

Put a nutrient dense spin on a the traditional breakfast sandwich. Introducing **Banana Breakfast Cereal Whole Grain Roll-Ups**, filled with Honey Nut Chex, creamy peanut butter and banana.



WHOLE GRAIN + DAIRY + FRUIT/VEGGIE

Add whole grain to a **Blueberry Spinach & Cereal Smoothie** by blending in your favorite nutrient-dense Big G cereal with berries, yogurt and fresh or frozen spinach to make this meal extra convenient and affordable.



When you plus it up with General Mills Big G cereals, you're enjoying a delicious, nutrient-dense breakfast for – on average – less than \$1 (for the recipe ideas above).

For more nutrition information and resources, visit [BellInstitute.com](https://bellinstitute.com)



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*General Mills Big G cereals deliver at least 8g of whole grain per serving. At least 48g of whole grain recommended daily.

CEREAL WITH LOW-FAT MILK AND BANANA

Serves: 1

Ingredients:

- 1 ½ cup Cheerios™
- ½ cup low-fat milk
- ½ banana

Instructions:

Pour cereal into a bowl, add low-fat milk and top with blueberries and bananas. Easy!

Nutrition information per serving:

249 calories | 47.9 g carbohydrates | 9 g protein | 4.5 g fat
| 1.6 g saturated fat | 5.8 g fiber | 13.5 g sugar



BANANA BREAKFAST CEREAL WHOLE GRAIN ROLL-UPS

Serves: 1

Ingredients:

- 1 6-inch whole wheat tortilla
- 1 ½ Tbsp peanut butter (or nut butter alternative)
- ½ banana
- ¼ cup Honey Nut Chex™

Instructions:

Spread peanut butter on tortilla. Place banana in the center and on top of peanut butter layer. Evenly sprinkle cereal over tortilla. Roll up and slice into 4-6 bite-sized pieces.

Nutrition information per serving:

302 calories | 46.4 g carbohydrates | 9 g protein | 11.45 g fat
| 2.75 g saturated fat | 6.3 g fiber | 11 g sugar



BLUEBERRY SPINACH & CEREAL SMOOTHIE

Serves: 2

Ingredients:

- | | |
|-----------------------------|-------------------|
| ¼ cup Blueberry Cheerios™ | ¾ cup spinach |
| or Blueberry Chex™ | (frozen or fresh) |
| ½ cup frozen blueberries | 1 cup water |
| ¼ cup low-fat, plain yogurt | 3-4 ice cubes, |
| ½ banana | as needed |

Instructions:

Blend all ingredients together until smooth. Serve immediately.

Nutrition information per serving:

80 calories | 17.2 g carbohydrates | 2.2 g protein | 1 g fat
| 0.2 g saturated fat | 2.5 g fiber | 9.9 g sugar



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