

APPLE CINNAMON CEREAL



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Ingredients

Oats, 8 Grain Mix (Barley Flour, Millet, Buckwheat Flour, Brown Rice Flour, Flax Seeds, Teff, Amaranth, Quinoa), Sesame Seeds, Sunflower Seeds, Almonds, Dates, Organic Cane Sugar, Teff, Apple Slices, Powdered Soy milk, Soy Nuts, Brown Rice Powder, Apple Powder, Chia Seeds, Cinnamon, Salt.

GREAT START - The only complete breakfast in a cup -

Does anyone eat breakfast anymore? We should! Numerous studies show that breakfast is by far the most important meal of the day. Put down that doughnut, forget about that empty-nutrition cereal, and don't choke-down another sugar-filled granola bar or shake. Instead, get a whole-food meal in 10 to 20 minutes with Great Start.

- 18 to 19 raw, whole-foods in each cup – multiple whole grains, nuts, fruit, and health-boosting seeds.
- Just add boiling water and it's ready in 10 to 20 minutes.
- Three times the protein and lots more whole-food vitamins and minerals than sugary instant oatmeal or empty Cream of Wheat. 1/3 sodium.

Have a great start. It's twice as filling and many times more nutritious.

