



Sunny Boy Hot Cereal

Cooking Instructions

1 Cup Serving:

Serving Suggestions: Brown Sugar, cinnamon, raisins, maple syrup, fresh fruit, or yogurt.

Ingredients:

- ¼ Cup (60 ml) Sunny Boy Hot Cereal or Organic Sunny Boy Hot Cereal
- ¾ Cup (190 ml) Water

Conventional Method (Stovetop):

1. Fill pot with water, heat until water is boiling (see chart on bag for measurements).
2. Slowly add and stir in the Sunny Boy Hot Cereal or Organic Sunny Boy Hot Cereal.
3. Cook for 3 minutes at a low, rolling boil. Stir occasionally.
4. Remove from heat and let stand for 2 minutes. Stir and serve with milk (brown sugar is also recommended).

Microwave Instructions:

1. Place cereal and water in a microwave safe bowl (see chart on bag for measurements and cook times).
2. Be careful and watch for the cereal boiling over. For ¼ cup measurement, cook on medium-low for 5 minutes, stirring occasionally (see chart on bag for different cook times depending on measurements).
3. Once complete, let stand for 2 minutes before serving.