



KELLOGG'S CORN FLAKES

Mix together

- ❖ Kellogg's Corn Flakes
- ❖ Yoghurt
- ❖ Chopped raw mangoes
- ❖ Tomatoes
- ❖ Onions
- ❖ Capsicum
- ❖ Tamarind and date chutney
- ❖ Green chutney
- ❖ Sunflower seeds
- ❖ Coriander leaves (for garnishing)



MIXITUP!



Blenderise together

- ❖ Kellogg's Corn Flakes
- ❖ Milk
- ❖ Bananas
- ❖ Chopped dates and walnuts



KELLOGG'S CHOCOS

Blenderise together

- ❖ Kellogg's Chocos
- ❖ Milk
- ❖ Sliced almonds



MIXITUP!




Mix together

- ❖ Kellogg's Chocos
- ❖ Hung curd
- ❖ Apple pieces
- ❖ Roasted cashews


KELLOGG'S ALL BRAN

Mix together

- ❖ Kellogg's All Bran Wheat Flakes
- ❖ Yoghurt
- ❖ Grapes (green/black)
- ❖ Flax seeds
- ❖ Red chilli powder
- ❖ Dry mango powder (for seasoning)



MIXITUP!



Mix together


- ❖ Kellogg's All Bran Wheat Flakes
- ❖ Milk
- ❖ Sliced figs (dry or fresh)
- ❖ Pumpkin seeds




KELLOGG'S SPECIAL K

Mix together

- ❖ Kellogg's Special K
- ❖ Hung curd
- ❖ Pomegranate seeds
- ❖ Sesame seeds
- ❖ Roasted cumin powder
- ❖ Spices (for seasoning)



MIXITUP!




Mix together

- ❖ Kellogg's Special K
- ❖ Milk
- ❖ Sliced strawberry pieces
- ❖ Chia seeds
- ❖ Strawberry sauce


KELLOGG'S MUESLI

Mix together

- ❖ Kellogg's Muesli
- ❖ Hung curd
- ❖ Pomegranate seeds
- ❖ Roasted Cumin powder
- ❖ Spices (to taste)



MIXITUP!



Mix together

- ❖ Kellogg's Muesli
- ❖ Milk
- ❖ Apple pieces
- ❖ Top it up with chocolate sauce

Take a look at the cereal you eat every day. Do you find it boring to have it with milk every morning?

Now take a second look at cereal. It's crunchy, delicious and nourishing! Let your creative juices flow and combine your favourite cereal with other healthy foods and enjoy it at any time of the day.

Creative food lovers everywhere are finding lots of way to enjoy cereals. You can create irresistible taste and flavor and texture combinations with dairy, fruits, nuts, seeds and spices.

To start with, here are some recipes with Kellogg's ready-to-eat cereals which are fortified with key vitamins and minerals.

Try these and encourage everyone in your family to come up with their own sweet and savory recipes.



Kellogg's Nutrition™

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