



**STIR
IT UP**
WK Kellogg Co



**STIR UP YOUR CEREAL BAR AND
OFFER YOUR CUSTOMERS A WHOLE NEW
WORLD OF EXCITING POSSIBILITIES.**



DRAW ATTENTION TO YOUR CEREAL BAR WITH **KELLOGG'S® CEREAL AND STIR IT UP**

Draw attention to your cereal bar with Kellogg's® cereal Stir It Up! Simply use toppings and mix-ins you already have on hand and encourage customers to create bowls they truly crave.



**INVITE CUSTOMERS TO
BUILD ONE-OF-A-KIND
BREAKFASTS WITH
STIR IT UP SIGNAGE!**

**WE'LL HELP YOU
STIR THINGS UP.**

When you partner with Kellogg's® cereals, you'll have access to all the tools you need to successfully serve cereal in a whole new way.

Signage • Recipe Cards • Digital Menu Board

IF YOU'VE NEVER THOUGHT BEYOND THE TRADITIONAL BOWL OF CEREAL, HERE ARE SOME FUN, TASTY RECIPES TO INSPIRE AND EXCITE YOUR CUSTOMERS.



PEACH CRUMBLE



Top Kellogg's® Raisin Bran Crunch® with vanilla yogurt, peaches and pecans. Drizzle with honey.



A little sweet, a little tart, a little tang and a whole lot of crunch define this bowl of flavorful goodness.

Calories 440
Protein 11g
Fiber 6g
Saturated Fat 1.5g
Sodium 280mg

1 cup Kellogg's® Raisin Bran Crunch®
1/2 cup vanilla low fat yogurt
1/3 cup fresh or canned (in juice) peach slices
5 toasted pecan halves
1 tbsp honey



TROPICAL MERMAID

In a bowl, stir in Kellogg's® Frosted Mini-Wheats®, Kellogg's® Rice Krispies® and milk. Top off with coconut flakes, sesame seeds and pineapple chunks.



Calories 390
Protein 15g
Fiber 6g
Saturated Fat 6g
Sodium 220mg

11 biscuits Kellogg's® Frosted Mini-Wheats®
1/2 cup Kellogg's® Rice Krispies®
1 cup skim milk
2 tbsp toasted coconut flakes
1 tbsp sesame seeds
1/4 cup fresh or unsweetened canned pineapple chunks



Take a virtual trip to the islands with these tropical flavors and crisp cereals.



THE CIRCUS



In a bowl, combine Kellogg's® Raisin Bran® and skim milk. Top off with toasted peanuts and banana slices.



The circus is in town when combining these ingredients.

Calories 390
Protein 16g
Fiber 9g
Saturated Fat 1g
Sodium 310mg

1 cup Kellogg's® Raisin Bran®
1 cup skim milk
1 tbsp toasted peanuts
1/2 cup fresh banana slices



TRIPLE BERRY



Top Kellogg's® Frosted Mini-Wheats® cereal biscuits, milk, berries and a pinch of the chia seeds. Add this yummy blend to the remaining cereal biscuits in a serving bowl. Top off with extra berries and chia seeds.

Your breakfast is about to get berry smooth. By blending the biscuits with fruit and milk you create a whole new flavor experience.

Calories 320
Protein 12g
Fiber 12g
Saturated Fat 0.5g
Sodium 55mg

1 cup Kellogg's® Frosted Mini-Wheats®
1/2 cup of milk
1/2 cup sliced strawberries, blueberries & raspberries
1 tbsp chia seeds



SQUASH & KALE BOWL

Start with Kellogg's® Special K® Original, add roasted butternut squash, kale, almond milk, toasted coconut and slivered almonds for a hearty and delicious morning.



Calories 260
Protein 9g
Fiber 6g
Saturated Fat 2g
Sodium 320mg

1 cup Kellogg's® Special K® Original
1/2 cup cooked butternut squash cubes, cold
1/2 cup chopped baby kale
1/2 cup almond milk
1 tbsp toasted coconut flakes
1 tbsp toasted slivered almonds

Make a little extra squash the night before to brighten up your morning. Try coconut milk or even warm it up to make this bowl your own.

Item Number	Product Description	Case Pack
38000-02991	Kellogg's® Apple Jacks®	31oz./4ct.
38000-00191	Kellogg's® Corn Flakes®	26oz./4ct.
38000-01791	Kellogg's® Froot Loops®	31oz./4ct.
38000-01591	Kellogg's® Frosted Flakes®	40oz./4ct.
38000-00891	Kellogg's® Raisin Bran® (2oz. Equiv. of Grain)	56oz./4ct.
38000-00591	Kellogg's® Rice Krispies®	27oz./4ct.
38000-72010	Kellogg's® Krave® Chocolate	35oz./4ct.
38000-04991	Kellogg's® Frosted Mini-Wheats® Bite Size	56oz./4ct.
38000-13791	Kellogg's® Low Fat Granola with Raisins	50oz./4ct.
38000-01691	Kellogg's® Special K®	32oz./4ct.
38000-18166	Kellogg's® Special K® Red Berries	44oz./4ct.
18627-47192	Kashi® GOLEAN® Crunch!	50oz./4ct.

Find these recipes and more at WKKelloggAwayFromHome.com

