

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.



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

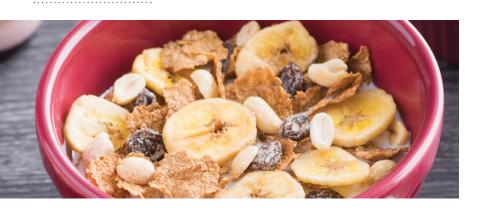
In a bowl, stir in Kellogg's Frosted Mini-Wheats, Kellogg's Rice Krispies and milk. Top off with coconut flakes, sesame seeds and pineapple chunks.

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.



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The circus is in town when combining these ingredients.

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

THE CIRCUS



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

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





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.

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



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



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.



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.



4	Item Number	Product Description	Case Pack
	38000-02991	Kellogg's® Apple Jacks®	31oz./4ct.
7	38000-00191	Kellogg's Corn Flakes®	26oz./4ct.
	38000-01791	Kellogg's® Froot Loops®	31oz./4ct.
2	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.

Calories 320

Saturated Fat 0.5g

Sodium 55mg

Protein 12g

Fiber 12g

