

# HIGH 5 CEREAL

Start with:

- Great Harvest High 5 Fiber Bread

Half & Half or Heavy Cream

1 Slice High 5 Fiber Bread, toasted very dark

1 Tbsp. golden raisins (plumped in boiling water)

1 Tbsp. chopped walnuts

1-1/2 tsp. Splenda™ or sugar

1/4 tsp. cinnamon

1 tsp. honey

Directions:

Chop toast in a hand food chopper (not in a blender or food processor).

Put all ingredients in a cereal bowl and sprinkle with cinnamon and sweetener. Pour cream (or half & half) over and enjoy.

Skim milk may be used, but the cream gives a richer flavor.

Submitted by: Louise Davis



## MINNETONKA

Your Neighborhood  
Bread Store

17416 Minnetonka Blvd.  
Minnetonka, MN  
952-476-2515

## BURNSVILLE

Karl's  
Neighborhood Bread Shop  
1100 E. County Road 42  
Suite 102  
Burnsville, MN  
952-891-4767

## MINNEAPOLIS

4314 Upton Avenue South  
Minneapolis, MN  
612-929-2899

For a complete bread  
schedule, go to  
[www.greatharvestmn.com](http://www.greatharvestmn.com)