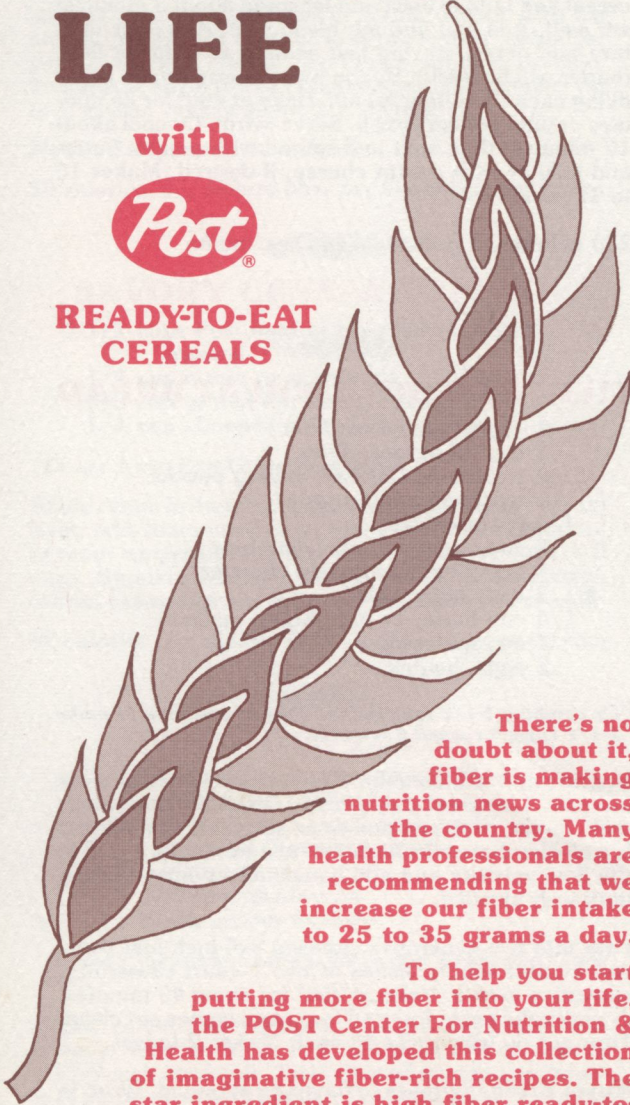


# ADD MORE FIBER TO YOUR LIFE

with



**READY-TO-EAT  
CEREALS**

A detailed illustration of a wheat stalk, showing the grain heads and the long, pointed awns. The drawing is in a simple, stylized manner with brown and tan tones.

**There's no doubt about it, fiber is making nutrition news across the country. Many health professionals are recommending that we increase our fiber intake to 25 to 35 grams a day.**

**To help you start putting more fiber into your life, the POST Center For Nutrition & Health has developed this collection of imaginative fiber-rich recipes. The star ingredient is high fiber ready-to-eat cereals. They're nutritious, delicious and easy to prepare. To your health!**



## FRUIT BRAN MUFFINS

- 1 cup all-purpose flour
- 1/3 cup firmly packed light brown sugar
- 1 tablespoon Calumet baking powder
- 1/2 teaspoon salt
- 2-1/2 cups Post Fruit & Fibre whole wheat  
and bran cereal, any variety
- 1 cup milk
- 1 egg
- 1/3 cup oil
- 1/2 cup finely chopped dates

Mix flour, sugar, baking powder and salt. Combine cereal and milk in bowl and let stand about 3 minutes; stir well. Add egg and oil; blend well. Add flour mixture and dates, stirring just enough to moisten flour (batter will be thick). Spoon into greased muffin pans, filling each three-fourths full. Bake at 400° for 25 minutes or until golden brown. Serve warm. Or cool about 10 minutes; then split and spread with peanut butter and jelly or with cream cheese, if desired. Makes 10 to 12 muffins.

220 calories, 3 g dietary fiber per muffin



## FILBERT WHOLE WHEAT BREAD

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 2 teaspoons Calumet baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups Post natural raisin bran
- 1 cup filberts, coarsely chopped
- 1-1/2 cups buttermilk\*
- 1/4 cup butter or margarine, melted
- 1 cup molasses
- 2 eggs, beaten

*\*Or combine 1-1/2 tablespoons vinegar and milk to make 1-1/2 cups; let stand 5 minutes.*

In a mixing bowl, combine flours, baking powder, soda and salt. Add cereal and nuts; mix well. Combine buttermilk, butter, molasses and eggs, stirring until molasses is well distributed through the mixture. Make a well in the flour mixture and add liquids all at once, stirring until well blended.

Pour into two generously greased 8x4-inch loaf pans, two 1-quart souffle dishes or two 1-quart casseroles, spreading evenly. Bake at 350° for about 45 minutes, or until cake tester inserted in centers comes out clean. Turn out on wire racks to cool. Makes 2 loaves.

**Note:** Bread improves in flavor on standing. Wrap in plastic wrap or aluminum foil and let stand overnight.

290 calories, 3 g dietary fiber per slice (1/6 loaf)





## CINNAMON BRAN CRUMBLE

- 2 tablespoons butter or margarine
- 1 cup Post natural raisin bran\*
- 2/3 cup Baker's Angel Flake coconut
- 1/4 cup chopped nuts
- 1/4 cup firmly packed brown sugar
- 1/2 teaspoon cinnamon

*\*Or use 1 cup Post Fruit & Fibre whole wheat and bran cereal, any variety.*

Melt butter in skillet; add remaining ingredients. Cook and stir over medium heat until mixture is golden brown. Cool. Use to coat ice cream balls or a 1-quart brick of ice cream, to layer in parfait glasses with ice cream, pudding or fruit, or to sprinkle over puddings, yogurt, cottage cheese, ice cream sundaes or cake frostings. Can be stored in tightly covered container up to 2 weeks. Makes about 2-1/2 cups.

**Note:** Recipe may be halved.

50 calories, 1 g dietary fiber per 2-tablespoon serving



## SAVORY CEREAL TOPPING

- 1-1/2 cups Post natural bran flakes, slightly crushed\*
- 1/4 cup butter or margarine
- 1/3 cup grated Parmesan cheese
- 1/4 cup chopped walnuts

*\*Or use 1 cup Post Grape-Nuts flakes.*

Saute cereal in butter until golden brown. Remove from heat, add cheese and nuts. Store in airtight container at room temperature up to 2 weeks. Makes about 1-1/2 cups. Sprinkle over or fold into salads, cooked vegetables, casseroles and soups for a crouton-like crunch.

80 calories, 1 g dietary fiber per 2-tablespoon serving



## TOMATOES PERSILE

- 1/2 cup Post Grape-Nuts brand cereal
- 1/4 cup chopped parsley\*
- 2 tablespoons chopped fresh basil\*
- 1/3 cup grated Parmesan cheese
- 4 or 5 large tomatoes
- 3 tablespoons olive oil
- Black pepper to taste

*\*Or use 1 tablespoon parsley flakes and 2 teaspoons dried basil.*

Crush cereal and combine with parsley, basil and cheese. Slice tomatoes 1/2 inch thick and arrange in a 13x9-inch casserole. Pour olive oil evenly over tomatoes and season with pepper. Top with cereal mixture. Bake at 400° for 12 to 15 minutes. Makes 6 servings.

150 calories, 2 g dietary fiber per serving



## SAVORY CEREAL STUFFING

- 1/2 cup chopped onion
- 2 tablespoons butter or margarine
- 2 cups Post Grape-Nuts flakes, slightly crushed
- 1 tablespoon chopped parsley
- 1/2 teaspoon poultry seasoning\*
- Dash of pepper
- 2 teaspoons grated lemon rind

*\*Or for fish, use 1/2 teaspoon paprika and add 1/4 cup lemon juice.*

Saute onion in butter until tender but not browned. Combine with cereal and seasonings in bowl; toss to mix thoroughly. Use as stuffing for chicken breasts or pork chops. Makes 2 cups.

**Note:** Recipe may be halved.

130 calories, 4 g dietary fiber per 1/2-cup serving



## FISH ROLL-UPS

- Savory Cereal Stuffing
- 2 flounder or sole fillets
- 1/4 cup melted butter or margarine
- 1 tablespoon chopped dillweed

Spoon about 1/2 cup Savory Cereal Stuffing onto each of the fillets. Bring ends toward middle of fillet. Place in shallow pan. Drizzle melted butter over fish; top with dillweed. Bake at 375° about 10 minutes, or until fish flakes easily with a fork. Makes 2 servings.

240 calories, 4 g dietary fiber per serving



GENERAL  
FOODS

General Foods Consumer Center  
250 North Street  
White Plains, NY 10625

Angel Flake, Baker's, Calumet, Fruit & Fibre, Grape-Nuts and Post are registered trademarks of General Foods Corporation.