

**SWOLE BOWL**

Sometimes you just have to rely on the classics, like a bowl of crunchy cereal and cold milk. My favorite has no sugar, fat, or sodium, but plenty of complex carbs, fiber, and vitamins.



**INGREDIENTS**

- 30g Puffed Rice Cereal (*I eat Quaker Puffed Rice.*)
- 8 Oz Unsweetened Almond Milk

**INSTRUCTIONS**

You know how to make cereal, right?

<b>NUTRITION FACTS</b>	Quantity/g	Protein	Carbs	Fats	Calories
ALMOND MILK	1	1	1	2.5	3.1
CEREAL (PUFFED RICE QUAKER)	30	2.1	25.7	0	111
<b>▶ TOTAL</b>		<b>3</b>	<b>27</b>	<b>3</b>	<b>142</b>