

# Popcorn Cereal

Popcorn transformed into a sweet and milky breakfast cereal!

Yield:

varies Ingredients:

Plain popcorn (yellow or white), popped in an air popper (without oil)

Sweetener of your choice: sugar, brown sugar, honey, stevia, xylitol, etc.

Milk

Instructions:



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1.Pile a cereal bowl full of popcorn.



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2. Add a spoonful of sweetener.



Popcorn Cereal

3. Pour milk over popcorn in bowl. (I use about 1/2 cup of milk for 2-3 cups of popcorn.)



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4. Stir to coat popcorn. Enjoy!

This recipe is from Tammy's Recipes.