

Supercereal Formulas

Supercereal #1

Per 6 oz serving:

Calories: 460-475

Protein: 11-12 grams

Ingredients	1 serving	6 servings	12 servings	22 servings
Regular Milk	6 ounces	1 quart + 1 cup (5 cups)	½ gallon plus 2 cups	1 gallon
Dry Milk Powder	3 Tbs	1 cup	2 cups	4 cups
Margarine	2 Tbs	6 ounces	12 ounces	1 ½ pounds
Oatmeal finely ground or	5 Tbs or ¼ cup + 1 Tbs	1 ¾ cup	3 ½ cups	7 cups
Cream of Wheat	2 Tbs	¾ cup + 2 Tbs	1 ¾ cups	2 ¾ cups
Brown Sugar	2 Tbs	¾ cup	1 ½ cup	2 ¾ cup

***NOTE: Caloric and protein values are estimates only. Actual values may vary slightly.

Supercereal #2

Per 6 oz serving:

Calories: 650-670

Protein: 9-10 grams

Ingredients	1 serving	6 servings	12 servings	22 servings
Whole Milk	3 ounces	3 cups	1 quart + 1 cup (5 cups)	½ gallon + 1 cup
Light Cream	3 ounces	2 cups	1 quart	½ gallon
Dry Milk Powder	3 Tbs	1 cup	2 cups	4 cups
Margarine	2 Tbs	6 ounces	12 ounces	1 ½ pounds
Oatmeal finely ground or	5 Tbs or ¼ cup + 1 Tbs	1 ¾ cup	3 ½ cups	7 cups
Cream of Wheat	2 Tbs	¾ cup + 2 Tbs	1 ¾ cups	2 ¾ cups
Maple Syrup	2 Tbs	¾ cup	1 ½ cups	3 cups

***NOTE: Caloric and protein values are estimates only. Actual values may vary slightly.

Method: (If using a steamer, combine steps 1 and 2) Serve 170°F

1. Measure milk (cream, evaporated milk) into pot. Heat to 150°F using a double boiler to prevent scorching. Stir frequently.
2. Add margarine. Stir until melted.
3. Blend in instant breakfast or dry milk powder. Heat to 180°F. Whisk frequently.
4. Add dry cereal. Whisk to blend. Heat to 180°F. Whisk frequently.
5. Cook 6-8 minutes until thickened. Texture should resemble applesauce.
6. Remove diabetic portions then add sugar or maple syrup. Blend well.

Supercereal Formulas (continued)

Supercereal #3

Per 6 oz serving:

Calories: 470-485

Protein: 10-11 grams

Ingredients	1 serving	6 servings	12 servings	22 servings
Regular Milk	6 ounces	1 quart + 1 cup (5 cups)	½ gallon plus 2 cups	1 gallon
Instant Breakfast Powder (eggnog/vanilla)	3 Tbs	1 cup	2 ¼ cups	4 cups
Margarine	2 Tbs	6 ounces	12 ounces	1 ½ pounds
Oatmeal finely ground or	5 Tbs or ¼ cup + 1 Tbs	1 ¾ cup	3 ½ cups	7 cups
Cream of Wheat	2 Tbs	¾ cup + 2 Tbs	1 ¾ cups	2 ¾ cups

***NOTE: Caloric and protein values are estimates only. Actual values may vary slightly.

Supercereal #4

Per 6 oz serving:

Calories: 535-545

Protein: 13-14 grams

Ingredients	1 serving	6 servings	12 servings	22 servings
Whole Milk	3 ounces	3 cups	1 quart + 1 cup (5 cups)	½ gallon + 1 cup
Evaporated Milk	3 ounces	18 ounces or 1 ½ cans (12 oz)	38 ounces or 3 cans (12 oz)	½ #10 can or 5 cans (12 oz)
Instant Breakfast Powder	3 Tbs	1 cup	2 ¼ cups	4 cups
Margarine	2 Tbs	6 ounces	12 ounces	1 ½ pounds
Oatmeal finely ground or	5 Tbs or ¼ cup + 1 Tbs	1 ¾ cup	3 ½ cups	7 cups
Cream of Wheat	2 Tbs	¾ cup + 2 Tbs	1 ¾ cups	2 ¾ cups

***NOTE: Caloric and protein values are estimates only. Actual values may vary slightly.

Method: Follow preparation directions for supercereals #1 and #2 (see previous page)

****Variation using (thawed frozen pasteurized egg. Adds 3.3 grams protein to cereal.**

The addition of egg to Supercereal yields a product resembling warm bread pudding.
May be used as a starch or dessert for pureed diets at dinner or supper meal.

Method: add liquid eggs after the addition of brown sugar/maple syrup (step 6) in the following amounts:

1 serv = 2 Tbs

6 serv = ¾ cup

12 serv = 1 ½ cups

20 serv = 2 2/3 cups