

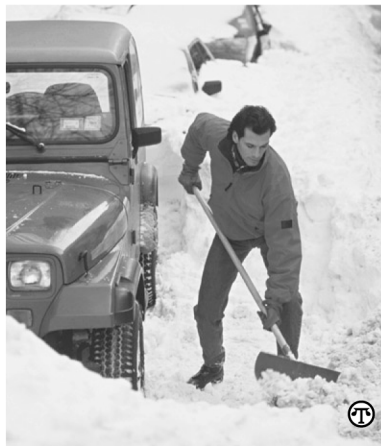
# Energize With Breakfast Before Challenging Winter's Storms

(NAPS)—After a snowstorm blankets your neighborhood, you need to fuel up before heading out to shovel the walk, blaze a trail to the bus stop, or even build a snowman in the front yard.

So this winter, try a bowl of crunchy Post Grape-Nuts Hot—a warmed-up version of the classic cereal. Generations of breakfast lovers know that the fiber-rich wholesome grains in Grape-Nuts are a great source of carbohydrate energy.

And organizers of the Boston Polar Bear Swim—an annual New Year's Day event when bold swimmers charge into the icy ocean to prove that they're superior to winter's chill—believe that a hot cereal gives an emotional boost to people preparing to face cold temperatures. That's why they named Grape-Nuts Hot the "Official Breakfast of Boston Polar Bears."

So when the next snowy day hits, make sure to enjoy breakfast with a bowl of Grape-Nuts Hot before venturing out into the cold.



## Grape-Nuts Hot

$\frac{1}{2}$  cup Post Grape-Nuts® Cereal  
 $\frac{1}{3}$  cup milk

**MIX cereal and milk in microwavable bowl.**

**MICROWAVE on HIGH to taste: 30 seconds for a big crunch or 60 seconds for a little crunch. Add fresh fruit or honey, if desired.**