



Nutrition and  
Dietetics

# Milk Cereal Mash



Foto: Nadja Lenherr

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thewaitingroom.  
karger.com

## Ingredients

Yields approx.  
1 serving

200 ml of the milk  
normally used  
20 g cereal flakes  
20 g fruit puree of  
your choice

## Preparation

Mix all ingredients together – dinner is ready!

## Why Is Dietary Calcium so Important for Children?

> [thewaitingroom.karger.com/tell-me-about/why-is-dietary-calcium-so-important-for-children/](https://thewaitingroom.karger.com/tell-me-about/why-is-dietary-calcium-so-important-for-children/)