

# How do you eat corn flakes?

Breakfast is the most important meal of our day . But it is also a meal that is often overlooked by many people. Especially for office workers, the life of going out early and returning home late in the morning leads to tighter mornings. So that it is often too late to eat breakfast. Irregular diet will bring many health risks to our body, so it is very necessary to eat breakfast.

The emergence of breakfast cereals can be said to have saved a large number of people who have not had time to eat breakfast. Among them, corn flakes are popular with the public for its rich taste and nutrition. Its fast eating method makes corn flakes a new popular trend. Breakfast consumption Corn flakes have set off a wave around the world.



## So how should corn flakes be eaten?

### Bubble milk

This is the most common way to eat corn flakes. It is very simple and easy to operate. After getting up, warm up a glass

of milk, then you can go to wash it. After washing the milk, the milk is warmed up. Then pour the corn flakes and you can eat it. . You can enjoy the delicious in a few minutes, it is very simple and fast, and with the addition of milk, it will be more nutritious.

#### Cook porridge and eat

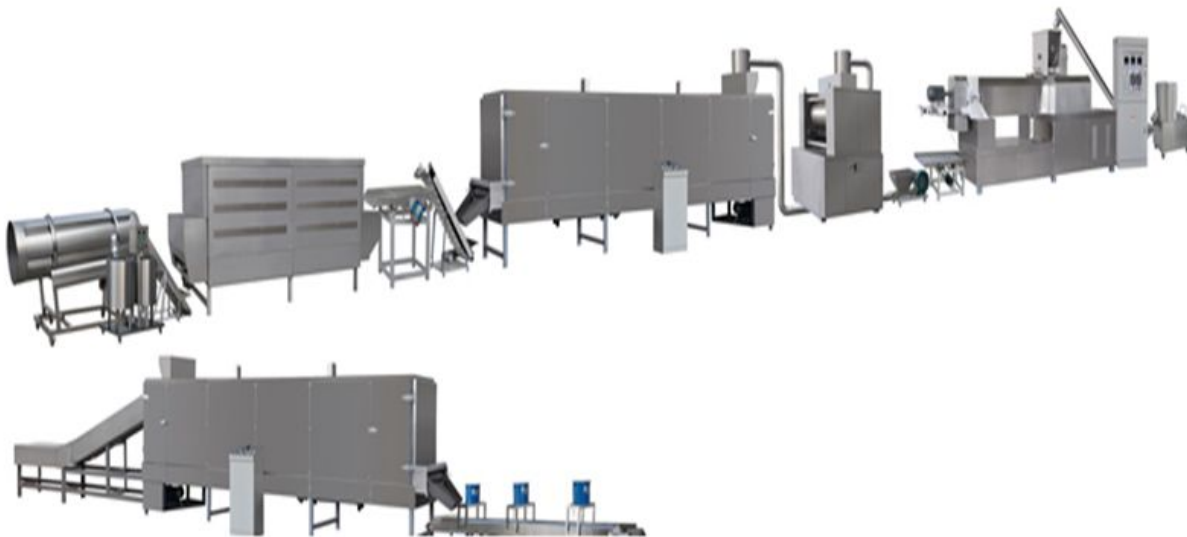
Add the right amount of corn flakes and water to the pot. You can also add some rice, and then boil it slowly until the soup thickens, and the fragrant polenta is out of the pot. Especially in winter, when a bowl of hot polenta is poured into my stomach, I feel that the whole person is warm, and I won't feel too cold when I go out. The most important thing is that cooking porridge with corn flakes can also nourish the stomach.

#### Fry and eat

Many people should not think of this way of eating. Beat an egg in a bowl, then put an appropriate amount of corn flakes, and season them with pepper, salt, monosodium glutamate, etc. After stirring them evenly, pour the oil in the pot. , And then pour the mixed corn flakes into the pan and stir fry quickly until the corn flakes become crispy, so that the taste of the fried corn flakes will become very unique.

#### Grilled

Sprinkle seasonings such as salt and pepper or black pepper on the corn flakes and bake them in the oven. Wait until the corn flakes become crispy and ready to eat. The taste of the corn flakes will be greatly improved.



There are many ways to eat corn flakes. Different ways of eating will bring us different tastes. High-quality corn flakes taste better. The [corn flakes production line](#) produced by [Shandong Loyal Industrial Co., Ltd.](#) can produce high-quality corn. sheet.

Our corn flakes production line has been exported to many countries and regions, helping local manufacturers to further expand the market. The entire production line can realize automated production, runs smoothly, has very high production quality, is very popular in the market, and continues to sell Leading, in addition, our bread crumb production line, biscuit production line and soy meat machine are all well received in the industry.

Corn flakes is a very healthy breakfast cereal. No matter how you eat it, it is very delicious. It is our best choice for

breakfast!