**Corn flakes with toned milk**

Prep time: 2 min Cook time: 0 min

**Ingredients:**

* 1 cup corn flakes
* 1cup toned milk (cold)
* 1 tbsp Chopped nuts
* ¼ cup cut fruits to taste
* 1 tsp honey

**Instructions:**

1. Pour the corn flakes into a bowl
2. Add milk and the chopped nuts or fruits to taste
3. Add honey if required