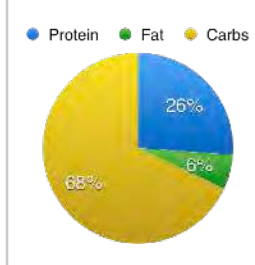
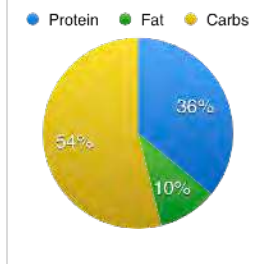
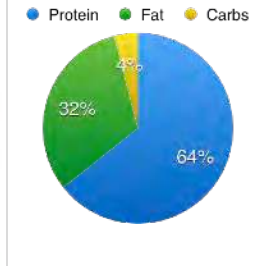
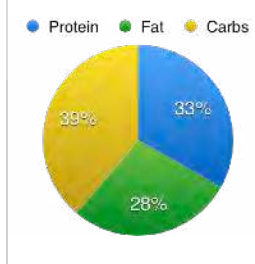


Quest for the Best - Protein Cereal

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)								
<b><u>Magic Spoon</u></b>	<p><b>Cinnamon (7.5):</b> The cinnamon flavor seems a little off, but otherwise I like this flavor. It's almost like the cinnamon has a sharp, slightly artificial taste to it as opposed to a richer, bolder flavor like I would expect.</p> <p><b>Cocoa (8):</b> Definitely more of a dark chocolate kind of flavor with this one. I think it could have used a bit more sweetness to help bring out the flavor.</p> <p><b>Frosted (9.5):</b> I thought this flavor was going to be like a generic frosted cereal but no...it's frosted like a cupcake! Or maybe a birthday cake? Really delicious &amp; spot on flavor, but not overly sweet.</p> <p><b>Fruity (7):</b> The taste reminds me of Trix...a pretty artificial flavor but it's not quite as sweet as Trix. Brings back memories of childhood for me!</p>	<p><b>9</b></p> <p>The texture is great! Doesn't get soggy in cereal and has a great, full-bodied crunch that doesn't seem like it's just full of air like some competitors. If you're the type who loves soggy cereal, you might be waiting a while. My only complaint is that it got stuck in my teeth.</p>	<p><i>Per 3/4 cup (28g):</i>                      110 cal                      12 g protein                      6 g fat                      8 g carbs                      (2 g fiber,                      0 g sugar)</p>	<p><i>4 flavors:</i>                      Cinnamon                      Cocoa                      Frosted                      Fruity</p>	<p>Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Coconut Oil, Tapioca Flour, Sweetener Blend (Allulose, Monk Fruit Extract, Stevia Extract), Chicory Root Fiber, Cocoa Powder, Natural Flavors, Salt.</p>	<p>\$39.00 / 4 boxes = \$1.39 per serving</p>	<p>This cereal comes with a bit of a sticker shock, but I would definitely buy it again. It's a nice treat (with great macros) and I've used it as a pre-workout snack a bunch of times.</p>	<p>● Protein ● Fat ● Carbs</p> <table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>36%</td></tr> <tr><td>Fat</td><td>40%</td></tr> <tr><td>Carbs</td><td>24%</td></tr> </table>	Macro	Percentage	Protein	36%	Fat	40%	Carbs	24%
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<b><u>Wholesome Protein Cereal - Cocoa</u></b>	<p><b>8</b></p> <p>When you eat this cereal dry, the cocoa flavor really comes through. In the milk, it fades away a bit and starts to lack some of the sweetness I want in a chocolate cereal.</p>	<p><b>7.5</b></p> <p>A bit crispier than your average cereal, but still works really well in milk - it softens up but doesn't get soggy easily.</p>	<p><i>Per 30 g packet:</i>                      114 cal                      15 g protein                      3 g fat                      8 g carbs                      (4 g fiber,                      &lt;1 g sugar)</p>	<p><i>2 flavors:</i>                      Cinnamon                      Cocoa</p>	<p>Soy Protein Isolate, Soy Flour, Soy Protein Concentrate, Rice Flour, Sunflower Oil, Polydextrose, Cocoa Powder (Processed with Alkali), Natural and Artificial Flavors, Salt, Sucralose.</p>	<p>\$13.95 / 5 packets = \$2.79 per serving</p>	<p>You can find this brand for \$9.99 on the company website.</p> <p>This is also the updated branding of <u>BariWise Low Carb, High Protein Cereal - Coco</u> - same ingredients, same nutrition, etc.</p>	<p>● Protein ● Fat ● Carbs</p> <table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>50%</td></tr> <tr><td>Fat</td><td>23%</td></tr> <tr><td>Carbs</td><td>27%</td></tr> </table>	Macro	Percentage	Protein	50%	Fat	23%	Carbs	27%
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<b><u>Kashi GO Cereal - Cinnamon Crisp</u></b>	<p><b>9</b></p> <p>Great cinnamon flavor and just enough sweetness!</p>	<p><b>8.5</b></p> <p>Lots of texture to keep me interested here - it has chunks of granola as well as some softer air puffed pieces. My only complaint is that it can be too crispy at first (but it does soften up in milk).</p>	<p><i>Per 3/4 cup (51 g) serving:</i>                      180 cal                      11 g protein                      4 g fat                      32 g carbs                      (9 g fiber,                      9 g sugar)</p>	<p><i>6 flavors:</i>                      Chocolate Crunch,                      Cinnamon Crisp,                      Honey Almond Flax Crunch,                      Original Crunch,                      Peanut Butter Crunch,                      Toasted Berry Crisp</p>	<p>Whole grain oats, soy flakes, cane sugar, defatted soy grits, wheat sticks (whole wheat flour, Kashi Seven Whole Grain and Sesame flour [oats, hard red wheat, rye, brown rice, triticale, barley, buckwheat, sesame seeds], calcium carbonate), brown rice syrup, chicory root fiber, expeller pressed canola oil, degerminated yellow corn flour, soy protein isolate, oat fiber, cinnamon, baking soda, natural flavors, salt, mixed tocopherols (vitamin E) for freshness.</p>	<p>\$2.99 / 13.1 oz box = \$0.50 per serving</p>	<p>You can find this brand at most grocery stores.</p>	<p>● Protein ● Fat ● Carbs</p> <table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>21%</td></tr> <tr><td>Fat</td><td>17%</td></tr> <tr><td>Carbs</td><td>62%</td></tr> </table>	Macro	Percentage	Protein	21%	Fat	17%	Carbs	62%
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<b><u>Nature's Path Optimum Power Blueberry Cinnamon Flax Cereal</u></b>	<b>8</b> The bran flakes of this cereal aren't anything special, but the cinnamon and blueberry flavors come through strong.	<b>7.5</b> Lots of textural interest going on here - bran flakes, "sticks" of some sort, and freeze dried berries. I especially like the freeze dried whole blueberries, though sometimes I wish there were more.	<i>Per 1c (58g) serving:</i> 210 cal 9 g protein 3 g fat 40 g carbs (9 g fiber, 9 g sugar, incl. 9 g added sugar)	<b>1 flavor:</b> Blueberry Cinnamon Flax	Whole Wheat Meal*, Wheat Bran*, Cane Sugar*, Soy Flour*, Flax*, Puffed Kamut® Khorasan Wheat*, Barley Malt Extract*, Soy Fiber*, Oat Bran*, Freeze-Dried Blueberries*, Sea Salt, Cinnamon*, Tocopherols (Natural Vitamin E). *Organic.	\$3.99 / 14 oz box = \$0.57 per serving	You can probably find this cereal in the healthy cereal section of your grocery store. This is my go to cereal to pick up for breakfast when I'm traveling - the macros aren't great but it's usually easy to find.	
<b><u>New England Naturals Protein Granola - Blueberry Harvest</u></b>	<b>9.5</b> I could have used a bit more blueberry flavor, but it definitely comes through and overall the granola has a good sweetness.	<b>8</b> I would have like more crunchy clusters in the granola. It came across a bit one noted in terms of texture, though the oats did have some nice crunch.	<i>Per 2/3 cup (58g):</i> 260 cal 10 g protein 10 g fat 35 g carbs (5 g fiber, 12 g sugar)	<b>3 flavors:</b> Blueberry Harvest Granny Smith Apple Ginger	Organic Whole Rolled Oats, Organic Naturally Milled Sugar, Organic Soy Powder, Organic Expeller Pressed Canola Oil, Organic Sunflower Seeds, Organic Rice Syrup, Organic Brown Rice with Organic Brown Rice Syrup and Sea Salt, Organic Freeze Dried Blueberries, Organic Vanilla, Organic Cinnamon, Salt.	\$4.99 / 12 oz bag = \$1.00 per serving	I struggled with where to put this granola on the list since the macros aren't great compared to the "true" cereals.  I found it at my local HEB but you can get it on Amazon as well.  This brand carries several other flavors of granola, but the three listed are the only ones designated as "protein granola."	
<b><u>iWon Organics Plant-Based Protein O's - Chocolate Dream</u></b>	<b>6.5</b> The pea protein flavor is pretty obvious with this cereal and the chocolate coating isn't quite rich enough to mask it. I do love that you end up with chocolate milk at the end since the coating kind of dissolves.	<b>8.5</b> Not as airy or crispy as some of the other protein cereals here. This one seems more dense and has more chew to it, but softens up nicely in milk.	<i>Per 42 g serving:</i> 150 cal 10 g protein 1.5 g fat 26 g carbs (5 g fiber, 8 g sugar, includes 8 g added sugar)	<b>3 flavors:</b> Apple Cinnamon, Berries 'n Cream, Chocolate Dream	iWon Organic Protein Blend (Navy beans*, Brown Rice Flour*, Pea Protein*), Cane Sugar*, Sunflower Oil* and/or Safflower Oil*, Cocoa*, Natural Flavors, Natural Colors	\$24.99 / 12 boxes = \$2.49 per serving	You can also find this brand at GNC.	
<b><u>Three Wishes Grain Free Plant Based Cereal</u></b>	<b>Cinnamon (7.5)</b> A little on the bland side, but you can still pick up the cinnamon flavor and a touch of sweetness. I really didn't get any of the usual pea protein taste, which I was pleasantly surprised by.  <b>Honey (7)</b> I found myself hunting for the honey flavor but I only really got it at the end of the bite. Could use a little more sweetness.  <b>Unsweetened (4)</b> Zero flavor or sweetness whatsoever. I don't really understand why this flavor exists.	<b>7.5</b> A little dense and quite crisp, though it does soften up a bit in the milk for a nice bite.	<i>Per 3/4 cup (35 g) serving:</i> 120 cal 8 g protein 2 g fat 18 g carbs (3 g fiber, 3 g sugar, includes 3 g added sugar)	<b>3 flavors:</b> Cinnamon Honey Unsweetened	Chickpea, Pea Protein, Tapioca, Organic Cane Sugar, Cinnamon, Natural Flavors, Salt, Monk Fruit	\$19.99 / 3 x 8.6 oz boxes = \$0.95 per serving	The ingredients listed are for the cinnamon flavor.	
<b><u>MPA Supps ISO POOFS Protein Cereal - Apple Cinnamon</u></b>	<b>8</b> The apple cinnamon flavor definitely comes through, though it tastes a bit artificial and I could use more sweetness.	<b>6.5</b> Really crispy and airy cereal. It doesn't feel like there's a lot of substance to it and I wish it would have softened up a bit in the milk.	<i>Per 1c (25g) serving:</i> 95 cal 19 g protein 1 g fat 3 g carbs (2 g fiber, <1 g sugar)	<b>2 flavors:</b> Apple Cinnamon French Toast	Milk Protein Isolate, Soluble Corn Fiber, Sunflower Oil, Cinnamon Powder, Apple Cinnamon Flavor (Medium Chain Triglycerides, Natural Flavors, and Mixed Tocopherols), Stevia Extract, and Sucralose.	\$34.95 / 29 servings = \$1.21 per serving	Of all the brands on the market, you really can't beat these macros. There are protein shakes that have a lower percentage of protein in them!	

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
<b><u>Kellogg's Special K Protein Cereal - Original</u></b>	6 Kind of a bland cereal, but it has a touch of sweetness and the slightest hint of cinnamon.	8.5 Pretty much exactly the texture you would expect out of a bran cereal - crunchy, but not overly crunchy. Softens up nicely in milk.	<i>Per 1 1/3 cup (59g) serving:</i> 210 cal 15 g protein 1.5 g fat 39 g carbs (5 g fiber, 8 g sugar, incl. 8 g added sugar)	3 flavors: Cinnamon Brown Sugar Crunch, Honey Almond Ancient Grains, Original	Whole wheat, rice, wheat gluten, sugar, soy protein isolate, wheat bran, contains 2% or less of cinnamon, malt flavor, salt, natural flavors, BHT for freshness. Vitamins and Minerals: Calcium carbonate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), folic acid, vitamin B1 (thiamin hydrochloride), vitamin D3, niacinamide, vitamin B12.	\$3.88 / 19 oz box = \$0.43 per serving	I wish I had been able to find the cinnamon brown sugar flavor in my local grocery store, but all they had was the original flavor.	
<b><u>Kay's Protein Cereal - Honey Almond</u></b>	6.5 Really not a lot of flavor with this cereal...I get just a little hint of honey but really not enough sweetness or flavor.	8 Crispier and airier than a Cheerio, this one softens up nicely in milk but doesn't really get soggy.	<i>Per 34 g serving:</i> 120 cal 12 g protein 1.5 g fat 18 g carbs (4 g fiber, 3 g sugar)	3 flavors: Apple Cinnamon, Honey Almond, French Vanilla	Soy Protein Isolate, Yellow Corn Flour, Rice Flour, Natural Honey, Tapioca Starch, Inulin, Pea Fiber, Sugar, Almond Meal, Canola Oil, Natural Almond Extract Flavoring, Double-acting Leavening Agents, Salt, Xanthan Gum, Stevia.	\$7.82 / 6 pack = \$1.30 per serving	I found this brand in the health foods/ supplements part of my local grocery store.	
<b><u>The Cereal School Keto Cereal - Fruity</u></b>	6.5 The taste reminds me of Trix, but with a bit more citrus flavor. I wish there was more flavor there as you crunch through the cereal though...I thought it got a bit bland after chewing on it for about 2 seconds.	7.5 Very crispy and airy. I don't think it really softened up at all while sitting in the milk.	<i>Per 22 g bag:</i> 100 cal 16 g protein 3.5 g fat 1 g carbs (1 g fiber, 0 g sugar)	2 flavors: Cinnamon Bun Fruity	Lactose-free milk protein isolate, high-oleic sunflower oil, tapioca fiber, natural flavor, monk fruit, paprika extract (color), beet juice (color)	\$49.99 / 24 bags = \$2.00 per serving	You can find this on Amazon or on the company's website.	
<b><u>Julian Bakery Pro Granola - Vanilla Cinnamon Cluster</u></b>	6 This granola has a slightly odd flavor that I can't quite put my finger on. That said, I can taste the cinnamon and it has a nice sweetness.	6 This comes in very large chunks for a granola. It has lots of whole flax seeds, pumpkin seeds chia seeds, which I didn't love.	<i>Per 37 g serving:</i> 97 cal 12 g protein 4.5 g fat 14 g carbs (12 g fiber, 0 g sugar)	3 flavors: Chocolate, Peanut Butter Cluster, Vanilla Cinnamon Cluster	Egg White Powder, Organic Digestive Resistant Prebiotic Tapioca Fiber, Organic Pumpkin Seeds, Organic Chia Seeds, Organic Flax Seeds, Organic Sesame Seeds, Organic Unrefined Virgin Coconut Oil, Organic Shredded Coconut, Cinnamon (Ceylon), Organic Vanilla Extract, Lou Han Guo (Monk Fruit)	\$14.99 / 15 servings = \$0.99 per serving		

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