

Uncle Sam Cereal with Mixed Berries (Vegan, Soy-Free)

Both my husband and I loved Erewhon's Strawberry Crisp Cereal, so I was excited to try Uncle Sam Cereal with Mixed Berries. For some reason I expected a similar experience, but different grains means a different taste and texture …

The wheat flakes were crunchy (and small like Erewhon Kamut Flakes) but just a bit less so than the corn and rice flakes in the Erewhon line of flaked cereals. Though there were whole flaxseeds throughout to mix up the texture a bit. Unfortunately, the cereal does get soggy in milk alternative rather quickly, but very few flakes can stand up well in liquid for very long, so I didn't hold it against them.

When left to their own devices the flakes tasted ordinary, but when you hit a big chunk of dehydrated fruit, it was like striking gold.

This cereal is perfect for those who don't like sugar first thing in the morning, but if you need a dose of the sweet stuff, try dousing the cereal with a vanilla milk alternative (typically much sweeter than original or unsweetened varieties). I topped mine with unsweetened almond milk and some sliced almonds. The flavor mix was awesome; still quite savory, but good.

Still, I admit, I am a rice crisp convert!

This is a third party review by Alisa Fleming, author of *Go Dairy Free: The Guide & Cookbook*. For more information on this product, see the [U.S. Mills Website](#) (the makers of Uncle Sam Cereals). Uncle Sam Cereals are also available to order online via [Amazon](#) for a discount.