

- I'm Euell Gibbons. Many consider me an expert on natural foods, like cattails. Yes, they're edible. I look for natural ingredients in my food. That's why Grape Nuts is part of my breakfast. This is a wholesome cereal made from wheat and barley. These natural ingredients are baked into crunchy nuggets and fortified with eight essential vitamins. Its naturally sweet taste reminds me of the wild hickory nuts. I call Grape Nuts my back-to-nature cereal.