

Add Cereal to the Mix

Three easy ways to get more out of your favorite breakfast cereals. Get creative with serving ideas that pack great taste, fiber, and nutrition into every bite.

Grab Breakfast to Go



Cinnamon Fruit-Pecan Snack Mix

Total time: 40 min Prep time: 10 min
Servings: 12

Snack mix for breakfast? Why not! This mix of cereal, fruit, and nuts are a great way to start a busy day.

Ingredients

- 5 cups *Kellogg's® Frosted Mini-Wheats®* Touch of Fruit in the Middle: Mixed Berry cereal
- 1/3 cup pecan halves
- 3 tablespoons butter, melted
- 3/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 1/2 cups raisins
- 1 1/2 cups dried apricots, cut into bite-size pieces

Directions

1. In 15 x 10 x 1-inch baking pan combine cereal and pecans. In small bowl stir together butter, cinnamon and salt. Drizzle over cereal. Toss to coat evenly.
2. Bake at 300° F for 10 minutes or until pecans are toasted, stirring after 5 minutes. Cool in pan on wire rack for 20 minutes. Stir in raisins and apricots. Cool completely. Store in airtight container at room temperature for up to 1 week.

Add Crunch to Your Lunch



Spicy Black Bean Salad Wraps

Total time: 20 min Prep time: 20 min
Servings: 3

A chilled black bean and corn salad wrapped in lettuce leaves for a handy lunch option.

Ingredients

- 1 cup canned black beans drained
- 1/2 cup corn
- 8 grape tomatoes, quartered
- 1 green onion, sliced
- 2 tablespoons canned diced green chile peppers, drained
- 3 tablespoons Italian dressing
- 1 cup *Kellogg's® Crispix®* cereal
- 1/2 teaspoon chili powder
- 1 teaspoon vegetable oil
- 9 large butterhead (Boston or Bibb) lettuce leaves or 6 medium romaine lettuce leaves

Directions

1. In small bowl combine beans, corn, tomatoes, green onions and chile peppers. Toss with salad dressing.
2. In ziploc bag, combine cereal and chili powder. Pour vegetable oil over cereal mixture. Seal bag and gently toss until evenly coated.
3. Place lettuce leaves on cutting board. Remove and discard thick, white bottom portion of center vein in each leaf.
4. Spoon bean mixture onto leaves. Sprinkle with cereal croutons. Wrap lettuce around filling. Secure with toothpicks.

Enjoy an Evening Treat



Sweet Plantains

Total time: 15 min Prep time: 5 min
Servings: 4

As plantains ripen their color changes from green to yellow to black and their flavor becomes sweeter. For this recipe, choose very ripe plantains.

Ingredients

- 2 very ripe plantains
- Nonstick cooking spray
- 2 cups *Kellogg's® Corn Flakes®* cereal, crushed
- 5 teaspoons sugar
- 1/4 teaspoon cinnamon or allspice

Directions

1. Peel plantains. Diagonally cut into 1/2-inch-wide slices. Lightly coat on both sides with cooking spray.
2. In shallow dish stir together cereal, sugar and cinnamon. Roll plantain slices in cereal mixture, pressing cereal onto both sides of slices.
3. Arrange plantains in single layer on baking sheet coated with cooking spray. Bake at 450°F for 10 to 15 minutes or until golden brown and tender.

Kellogg's
Nutrition™



Think Outside the Breakfast Bowl

How do you turn a box of cereal into an easy way to stretch your food dollars and feed your family right? Get creative with serving ideas that pack great taste, fiber, and nutrition into every bite.

Ready, set, crunch!	 All-Bran® Complete Wheat Flakes®	 Crispix®	 Corn Flakes®	 Rice Krispies®	 Frosted Mini-Wheats®	 Scooby-Doo!™	 Special K® Original
Mix cereal with dried fruit, nuts, and spices to make snack mix.		X			X	X	
Use crushed cereal in ground meat recipes that call for breadcrumbs	X	X		X			X
Give food a crispy baked coating instead of frying.	X		X	X			X
Add fiber to baked treats.	X				X	X	
Mix with dried herbs and spices to make soup or salad croutons.		X	X				X
Make crispy casserole or sweet dessert toppings.	X	X	X	X	X	X	X
Layer with fruit and yogurt or pudding for tasty parfaits.	X					X	X