

Kellogg's

Make the Most OF YOUR CEREAL



Nourishing Recipes for Breakfast and Beyond

Make the Most OF YOUR CEREAL

Cereal has its home at the center of the breakfast table. But with a little inspiration, it can become your go to throughout the day, nourishing you and your family with essential vitamins and minerals, while helping build healthy eating patterns over time. With their wellbeing in mind, the recipes in this book provide creative ways for you to treat your family's tastebuds and make the most of your cereal.

**Recipes feature Kellogg's® WIC approved cereals. Check with your local WIC office on the specific brands and varieties available in your area.*



Southwestern Veggie Egg Bites with Kellogg's Corn Flakes®

 **MAKES**
12

 **PREP TIME**
15 MINUTES

 **TOTAL TIME**
29 MINUTES

INGREDIENTS

- 3-1/2 cups** Kellogg's Corn Flakes® cereal, crushed
- 2 tablespoons** unsalted butter or margarine, melted
- 4** large eggs
- 1/4 cup** milk
- 1/4 teaspoon** salt
- 1/8 teaspoon** pepper
- 1/2 cup** finely shredded Colby-Jack cheese
- 1/2 cup** frozen chopped peppers and onions
- Prepared salsa (optional)

DIRECTIONS

- Heat oven to 350°F. Generously spray twelve 2-1/2-inch muffin pan cups with cooking spray.
- In medium bowl, mix crushed **KELLOGG'S CORN FLAKES®** cereal and butter. Divide crumb mixture evenly among muffin cups. Using a small spoon, lightly press crumb mixture against bottom and up the sides of cups.
- In second medium bowl, whisk eggs, milk, salt, and pepper until blended. Add cheese, and peppers and onions; mix well. Spoon into muffin cups, dividing evenly.
- Bake in 350°F oven for 13 to 14 minutes or until centers are just set. Cool in pan on wire rack 5 minutes. Loosen egg bites from sides of muffin cups with a thin knife. Remove from cups. Serve with salsa, if desired.

TIPS & TRICKS

This recipe can be made in a mini muffin pan. Reduce baking time to 12 to 13 minutes. Makes 24 mini egg bites.



Sweet Pineapple Corn Muffins with Kellogg's Corn Flakes® Crunch

 **MAKES**
8

 **PREP TIME**
15 MINUTES

 **TOTAL TIME**
30 MINUTES

INGREDIENTS

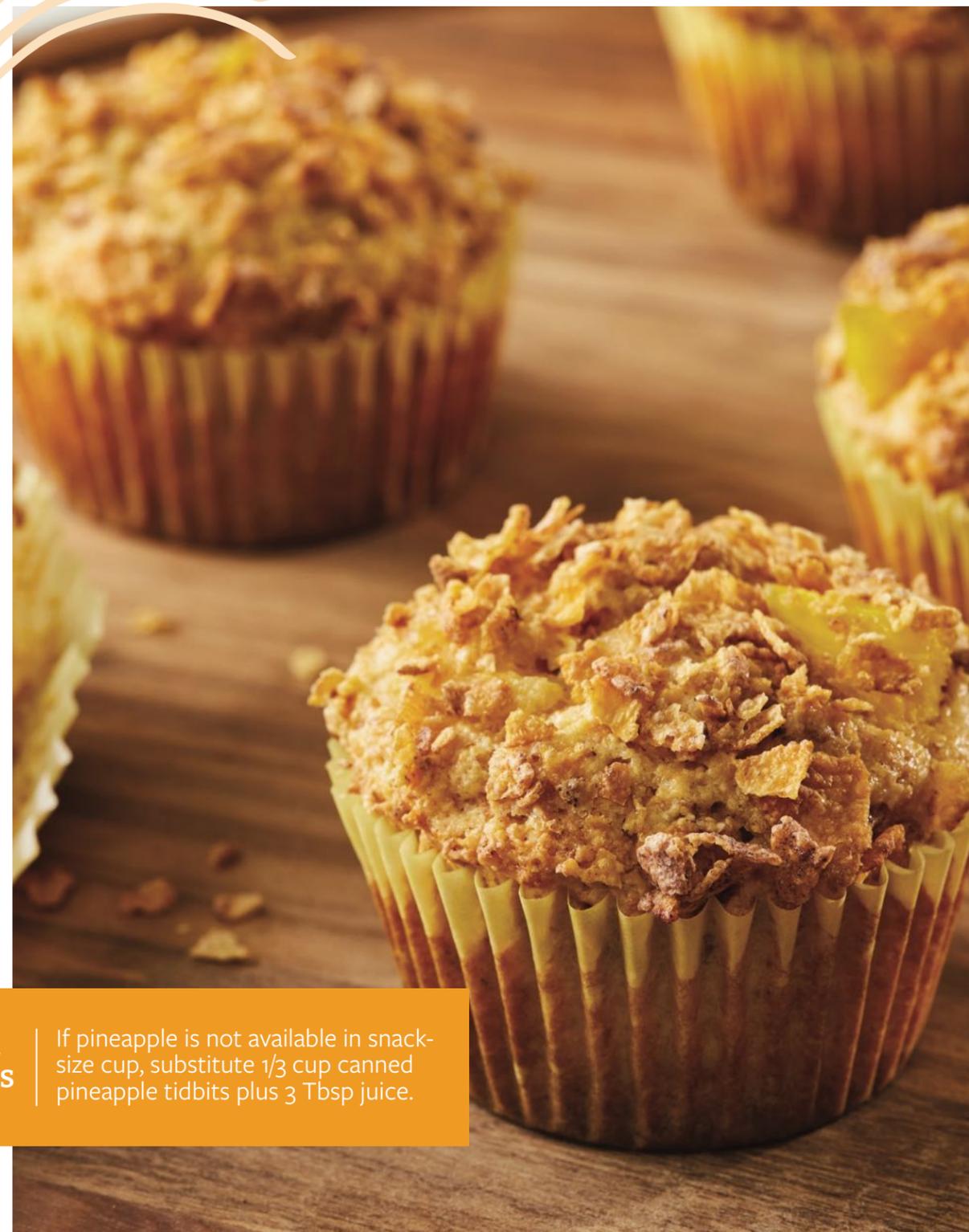
- 2 cups** Kellogg's Corn Flakes® cereal, crushed
- 1 package** (7.5 to 8.5 ounces) corn muffin mix
- 1 snack-size cup** (4 ounces) pineapple tidbits in 100% juice, undrained
- 1/3 cup** plain whole milk yogurt
- 1** large egg

DIRECTIONS

1. Heat oven to 400°F. Line eight 2-1/2-inch muffin pan cups with paper bake cups or generously spray cups with cooking spray.
2. In medium bowl, crush **KELLOGG'S CORN FLAKES®** cereal until the size of peas. Remove 1/4 cup and set aside for topping.
3. Add muffin mix, pineapple with juice, yogurt, and egg to bowl. Stir until just blended. Spoon batter into prepared muffin cups, dividing evenly. Sprinkle tops evenly with reserved crushed cereal.
4. Bake in 400°F oven for 15 to 16 minutes or until tops are light golden and wooden pick inserted in center of one or two muffins comes out clean. Cool in pan on wire rack 5 minutes. Remove muffins from pan to wire rack.

TIPS & TRICKS

If pineapple is not available in snack-size cup, substitute 1/3 cup canned pineapple tidbits plus 3 Tbsp juice.



TIPS & TRICKS

Always cool the baking sheets before baking more cookies. A hot baking sheet will melt the dough and cookie edges may burn or cookies can lose their shape.



Rice Krispies® Apple Peanut Butter Breakfast Cookies



MAKES
16



PREP TIME
15 MINUTES



TOTAL TIME
27 MINUTES

INGREDIENTS

- 1 cup** creamy peanut butter
- 1/2 cup** packed light brown sugar
- 2** large eggs
- 1/4 cup** unsweetened applesauce
- 1 cup** all-purpose flour
- 1 teaspoon** baking soda
- 3 cups** Kellogg's® Rice Krispies® cereal
- 1/2 cup** raisins

DIRECTIONS

- 1.** Heat oven to 350°F. Line baking sheets with parchment paper or lightly spray with cooking spray.
- 2.** In large bowl, beat peanut butter and brown sugar with electric mixer for 30 seconds. Add eggs and applesauce; beat until smooth. Add flour and baking soda; beat until flour is incorporated and no streaks of white remain. Add **KELLOGG'S® RICE KRISPIES®** cereal and raisins; mix on low speed to combine.
- 3.** Shape dough into golf ball-size balls (about 1/4 cup each). Place 2 inches apart on parchment-lined baking sheets. Press balls lightly to flatten slightly.
- 4.** Bake in 350°F oven for 10 to 12 minutes or until edges just begin to brown. Cool on baking sheets on wire racks 1 to 2 minutes to firm slightly. Remove to racks; cool completely. Store in airtight container.



Peanut Butter & Banana No-Bake Rice Krispies® Bites



MAKES
20



PREP TIME
20 MINUTES



CHILL TIME
1 HOUR 30 MINUTES



TOTAL TIME
1 HOUR 50 MINUTES

INGREDIENTS

- 1/2 cup** creamy peanut butter
- 1** small ripe banana, sliced (about 3/4 cup)
- 1/4 teaspoon** ground cinnamon
- 1/4 teaspoon** vanilla extract
- 1/2 cup** semi-sweet or dark chocolate morsels
- 2 cups** Kellogg's® Rice Krispies® cereal
- 1/3 cup** dried cranberries

DIRECTIONS

- In medium bowl, place peanut butter, banana, cinnamon, and vanilla. Using a fork, mash banana and mix ingredients until smooth.
- In small microwave-safe bowl, microwave chocolate morsels until fully melted, stirring every 30 seconds. Fold chocolate into peanut butter mixture until blended.
- Add **KELLOGG'S® RICE KRISPIES®** cereal and cranberries. Gently fold until well combined. Cover with plastic wrap and refrigerate for at least 30 minutes.
- Scoop mixture into 1 tablespoon portions and place on parchment-lined baking sheet. Using your hands, gently shape into round bites. Place bites in a single layer in an air-tight food storage container; freeze for 1 hour until set.



TIPS & TRICKS

- » This recipe can be made with other Kellogg's® cereals. Substitute 2 cups Kashi® Warm Cinnamon Organic Oat cereal or 2-1/2 cups of Kellogg's Corn Flakes® cereal or Kellogg's® Special K® cereal for the Kellogg's® Rice Krispies® cereal.
- » Bites can be stored in an airtight container and eaten straight from the freezer.



Chocolate S'mores Crispix® Mix



MAKES
4-1/2 CUPS



PREP TIME
10 MINUTES



TOTAL TIME
15 MINUTES

INGREDIENTS

- 2 tablespoons** butter or margarine
- 1 tablespoon** ground cinnamon
- 1 tablespoon** maple pancake syrup
- 3 cups** Kellogg's® Crispix® cereal
- 1 cup** mini marshmallows
- 1/3 cup** semi-sweet chocolate morsels

DIRECTIONS

- 1.** In large microwave-safe bowl, melt butter at high, 15 to 30 seconds. Stir in cinnamon and syrup.
- 2.** Add **KELLOGG'S® CRISPIX®** cereal. Toss to coat evenly. Microwave at high 1-1/2 minutes, stirring every 30 seconds. Spread on waxed paper; let cool 5 minutes. Return to bowl.
- 3.** Add marshmallows and chocolate morsels. Toss to mix. Store in airtight container.

TIPS & TRICKS

Short on time or ingredients? Whether you're craving a salty snack or something on the sweeter side, it's easy to create your own unique mix by tossing Kellogg's® Crispix® cereal with any combination of pretzels, nuts, mini snack crackers, chocolate candies and/or dried fruits to suit your mood!



Cheesy Taco Crispix® Mix

 **MAKES**
7 CUPS

 **PREP TIME**
10 MINUTES

 **TOTAL TIME**
15 MINUTES

INGREDIENTS

- 2 tablespoons** unsalted butter or margarine
- 1 tablespoon** taco seasoning mix
- 3 cups** Kellogg's® Crispix® cereal
- 2 cups** Kellogg's® Cheez-It® Original Snack Crackers
- 2 cups** small pretzel sticks

DIRECTIONS

1. In large microwave-safe bowl, melt butter at high, 15 to 30 seconds. Stir in taco seasoning.
2. Add **KELLOGG'S® CRISPIX®** cereal. Toss to coat evenly. Microwave at high 1-1/2 minutes, stirring every 30 seconds. Spread on waxed paper; let cool 5 minutes. Return to bowl.
3. Add **KELLOGG'S® CHEEZ-IT® ORIGINAL** snack crackers and pretzels. Toss to mix. Store in airtight container.





Cranberry Maple Cinnamon Crispix® Mix

 **MAKES**
5-1/2 CUPS

 **PREP TIME**
10 MINUTES

 **TOTAL TIME**
15 MINUTES

INGREDIENTS

- 2 tablespoons** butter or margarine
- 1 tablespoon** maple pancake syrup
- 2 teaspoons** ground cinnamon
- 3 cups** Kellogg's® Crispix® cereal
- 2 cups** mini pretzels
- 1/2 cup** dried cranberries or raisins
- 1/2 cup** unsalted pumpkin seeds (pepitas)

DIRECTIONS

- 1.** In large microwave-safe bowl, melt butter at high, 15 to 30 seconds. Stir in pancake syrup and cinnamon.
- 2.** Add KELLOGG'S® CRISPIX® cereal. Toss to coat evenly. Microwave at high 1-1/2 to 2 minutes, stirring every 30 seconds. Spread on waxed paper; let cool 5 minutes. Return to bowl.
- 3.** Add pretzels, cranberries, and pumpkin seeds. Toss to mix. Store in airtight container.



Frozen Tropical Kashi® Yogurt Cups



MAKES
6



PREP TIME
15 MINUTES



FREEZE TIME
2 HOURS



TOTAL TIME
2 HOURS 20 MINUTES

INGREDIENTS

3/4 cup Kashi® Warm Cinnamon Organic Oat Cereal

1-1/2 cups plain whole milk yogurt

1 tablespoon honey

1/4 cup canned diced mango, drained well

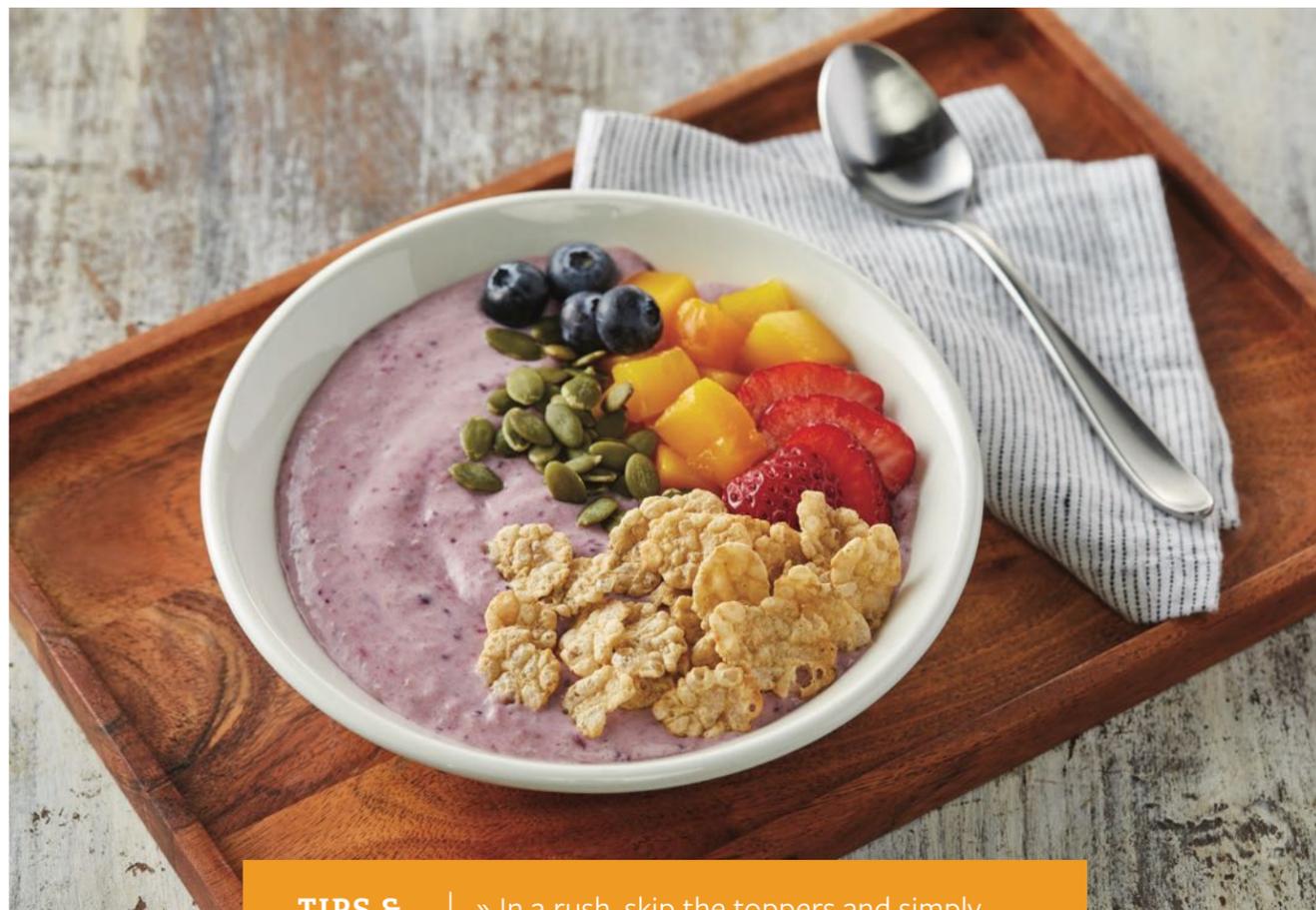
1/4 cup canned pineapple tidbits, drained well

2 tablespoons sliced almonds

DIRECTIONS

1. Line twelve 2-1/2-inch muffin pan cups with paper bake cups. Place just enough **KASHI® WARM CINNAMON ORGANIC OAT CEREAL** in each cup to cover bottom. Reserve remaining cereal.
2. In medium bowl, mix yogurt and honey well. Fold in mango, pineapple and almonds. Divide yogurt mixture evenly among cups. Top with reserved cereal. Cover with aluminum foil. Freeze for at least two hours.
3. To serve, let cups thaw 5 to 7 minutes before removing from muffin pan. For longer storage, transfer cups to airtight freezer container.





TIPS & TRICKS

» In a rush, skip the toppers and simply pour smoothie into a cup to go.

» When making smoothies, place the liquid in first and the heavier ingredients last – less scraping down the sides.

» Special K® can be substituted with Kashi® Warm Cinnamon or Honey Toasted Organic Oat cereal.



Special K® Berry Smoothie Bowl



MAKES
1



PREP TIME
10 MINUTES



TOTAL TIME
10 MINUTES

INGREDIENTS

- 1/2 cup plain whole milk yogurt
- 1/3 cup orange juice
- 1/2 cup Kellogg's® Special K® Original cereal
- 1/2 large ripe banana
- 1/2 cup frozen mixed berries (strawberries, blueberries)

TOPPERS

- 1/2 peeled sliced fresh mango or 1/2 cup canned diced mango
- 1/3 cup Kellogg's® Special K® Original cereal
- 2 strawberries, sliced
- 1 tablespoon unsalted pumpkin seeds (pepitas)

DIRECTIONS

1. In blender container, place yogurt, orange juice, 1/2 cup **KELLOGG'S® SPECIAL K® ORIGINAL** cereal, banana, and frozen berries, in that order. Cover and blend on high for 30 seconds or until smooth, stopping as needed to stir and scrape down the sides.
2. Pour into large cereal bowl, add toppers and enjoy!



Frosted Mini-Wheats® Strawberry Yogurt Parfait



 **MAKES**
1

 **PREP TIME**
5 MINUTES

 **TOTAL TIME**
5 MINUTES

INGREDIENTS

3/4 cup plain whole milk yogurt

1 tablespoon honey

3/4 cup Kellogg's® Frosted Mini-Wheats®
cereal, lightly crushed

1/2 cup sliced fresh or frozen strawberries

DIRECTIONS

1. In small bowl, mix yogurt and honey.

2. In large glass, layer 1/4 cup crushed
KELLOGG'S® FROSTED MINI-WHEATS®
cereal, 1/3 of the strawberries and
half of the yogurt mixture. Repeat
layers once. Then garnish with
remaining cereal and strawberries.





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