

# CEREAL MATH

Examples of how to maximize your WIC cereal benefit.

$$\begin{array}{c} 16 \\ \text{oz} \end{array} + \begin{array}{c} 20 \\ \text{oz} \end{array} = 36 \text{ oz}$$

$$\begin{array}{c} 12 \\ \text{oz} \end{array} + \begin{array}{c} 12 \\ \text{oz} \end{array} + \begin{array}{c} 12 \\ \text{oz} \end{array} = 36 \text{ oz}$$

$$\begin{array}{c} 12 \\ \text{oz} \end{array} + \begin{array}{c} 18 \\ \text{oz} \end{array} + \begin{array}{c} 18 \\ \text{oz} \end{array} + \begin{array}{c} 24 \\ \text{oz} \end{array} = 72 \text{ oz}$$

$$\begin{array}{c} 24 \\ \text{oz} \end{array} + \begin{array}{c} 24 \\ \text{oz} \end{array} + \begin{array}{c} 12 \\ \text{oz} \end{array} + \begin{array}{c} 12 \\ \text{oz} \end{array} = 72 \text{ oz}$$

$$\begin{array}{c} 24 \\ \text{oz} \end{array} + \begin{array}{c} 24 \\ \text{oz} \end{array} + \begin{array}{c} 18 \\ \text{oz} \end{array} + \begin{array}{c} 18 \\ \text{oz} \end{array} + \begin{array}{c} 12 \\ \text{oz} \end{array} + \begin{array}{c} 12 \\ \text{oz} \end{array} = 108 \text{ oz}$$

# WIC cereals are great sources of fiber and iron and make delicious snacks. Get creative in the kitchen and try these two easy recipes at home!

## Snack Mix Makeover

(Makes 8½-cup servings)

### Ingredients:

- 2 cups square-shaped corn, rice, bran, or wheat cereal such as Chex®
- 2 cups round multigrain cereal such as Cheerios®
- 1 cup bite-sized pretzels
- 2 tablespoons vegetable oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Cooking spray



### Directions:

1. Preheat the oven to 325 degrees.
2. Spray a large baking sheet with cooking spray.
3. In a large bowl, combine cereal and pretzels with the oil, mixing until all the pieces are evenly coated.
4. Add seasonings and mix thoroughly.
5. Spread cereal mixture on the baking sheet in an even layer.
6. Bake for 10 minutes or until lightly toasted.
7. Let cereal mix cool on the baking sheet before serving.

## Banana Bran Muffins with Oatmeal Streusel Topping

(Makes 12 Muffins)

### Ingredients:

- 1½ cups bran flakes cereal such as All Bran®
- 1 cup mashed ripe banana
- ½ cup low-fat milk
- 1 egg
- 3 tablespoons vegetable oil
- ¼ cup sugar
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- ¾ cup oatmeal
- 2 tablespoons light brown sugar
- 1 tablespoon melted butter
- Cooking spray



### Directions:

1. Preheat oven to 400 degrees.
2. Spray a muffin tin with cooking spray or use paper liners.
3. Mix cereal, banana, milk, egg, oil and sugar in a large mixing bowl. Let stand for 5 minutes.
4. In a separate bowl, combine the flour, baking powder, baking soda, and cinnamon.
5. Slowly mix the dry ingredients into the cereal/banana mixture and stir well until combined.
6. Evenly pour the mixture into the muffin tin.
7. *Topping:* Combine the oatmeal, brown sugar, and butter. Sprinkle on top of the muffins.
8. Bake for 20 minutes or until a toothpick inserted into the center comes out clean.
9. Remove muffins from the pan and cool on a wire rack.

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