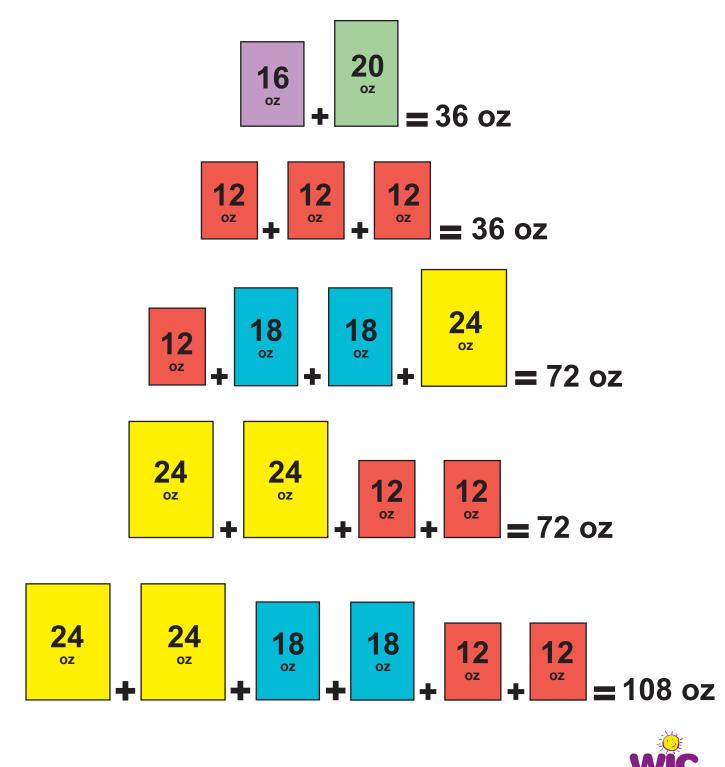


Examples of how to maximize your WIC cereal benefit.



GOOD FOOD and A WHOLE LOT MORE! 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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