**CEREAL MATH!**

**Cereal-O's**

**Cereal-O's**

**72oz**

**18oz**

**24oz**



**Cereal-O's**

**Cereal-O's**

**Cereal-O's**

**Cereal-O's**

**12oz**

**12oz**

**12oz**

**18oz**

**36oz**

**Cereal-O's**

**Cereal-O's**

**18oz**

**18oz**

**36oz**

**72oz**

**Cereal-O's**

**Cereal-O's**

**Cereal-O's**

**Cereal-O's**

**24oz**

**24oz**

**12oz**

**12oz**

**12oz**

Maximize your cereal benefit with the new WIC CARD!

**Make the Most of Your WIC Cereal Benefit!**

*Cereal can be enjoyed in many ways besides being a part of a healthy breakfast. WIC cereals are a great source of fiber and make delicious snacks. Get creative in the kitchen and try these two easy recipes at home!*

**Snack Mix Makeover** (Makes 8 ½-cup servings)

*Ingredients:*

* 2 cups corn, Wheat, Bran or Rice Chex® cereal
* 1 cup Multigrain Cheerios®
* 1 cup bite-sized pretzels
* ½ teaspoon garlic powder
* ¼ teaspoon onion powder
* 2 tablespoons vegetable oil

*Directions:*

1. Preheat the oven to 375°F.
2. Spray a large baking sheet with cooking spray.
3. In a large bowl, combine cereal, spices, and oil until well mixed.
4. Spread cereal on the baking sheet in an even layer
5. Bake for 15 minutes. Let cereal cool on tray before serving.

**Banana Bran Muffins with Oatmeal Streusel Topping** (Makes 12 Muffins)

*Ingredients:*

* 1 egg
* ¾ cup low-fat milk
* 1 ripe banana, mashed
* 2 tablespoons vegetable oil
* 1½ cups bran cereal such as All Bran®
* 1 cup all-purpose flour
* 1 teaspoon baking soda
* 1 teaspoon cinnamon
* ¾ cup oatmeal
* 2 tablespoons light brown sugar
* 1 tablespoons melted butter

*Directions:*

1. Preheat oven to 375°F. Spray a 12-tin muffin pan with cooking spray or use paper liners.
2. In a large bowl, mix the egg, milk, banana, and oil together.
3. Add the bran cereal and allow the mixture to sit for 10 minutes until it becomes very soft.
4. Mix in the flour, baking soda, and cinnamon. Stir gently until just combined.
5. Pour mixture evenly into the muffin pan.
6. *Streusel topping:* Combine the oatmeal, brown sugar, and melted butter. Mix well and sprinkle evenly on top of all the muffins.
7. Bake muffins at 375°F for 20 minutes or until a toothpick inserted into the middle of a muffin comes out clean. Remove muffins from the pan and cool on a wire rack.

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