

Toasted Oats Cereal Recipes



COOK'S CHOICE AWARD Three Ingredient Cereal Bars

You will need:

3 cups toasted oats cereal

$\frac{1}{2}$ cup honey

$\frac{1}{2}$ cup peanut butter

Instructions:

- Line an 8 x 8 inch pan with parchment.
- Combine peanut butter and honey in a large saucepan and set over medium heat.
- Heat until mixture just starts to simmer, about 2 - 3 minutes, stirring.
- Remove from heat and stir until mixture is well-combined. Stir in cereal until evenly coated.
- Pour mixture into prepared pan, cover with parchment and press down very firmly.
- Let sit uncovered for 5 hours or overnight until bars remain firm.

Toasted Oats Cereal Breaded Pork Chops

You will need:

2 cups toasted oat cereal, crushed

6 pork loin chops, thin

1 large egg

1 cup flour

1 tsp. ground cumin

1 tsp. ground paprika

salt to taste

cooking spray

Instructions:

- Preheat oven to 350 degrees F. Add toasted oats cereal to blender and crush until you have crumbs.
- Lightly beat egg in a bowl. Season meat with salt. Combine flour, cumin, and paprika in a deep bowl.
- Cover pork chops in flour, egg, and then crushed toasted oats cereal.
- Spray cooking oil on a frying pan and place over medium high heat. Add 3 breaded chops.
- Cook until golden brown, about 2 minutes on each side. Spray pan again and repeat for other 3 chops.
- Transfer breaded chops to a baking sheet and bake for 6 minutes in oven, or until thoroughly cooked.

Chicken Strips Covered with Toasted Oats Cereal

You will need:

2 cups toasted oats cereal, crushed

3 chicken breasts, sliced and cut into strips

$\frac{1}{4}$ cup vegetable oil

1 egg, lightly beaten

salt and pepper to taste

$\frac{1}{4}$ cup hot pepper sauce

Instructions:

- Cut the chicken breasts into strips. Place crushed toasted oats cereal on a plate.
- Dip pieces of chicken in the egg and then cover with crushed cereal.
- Heat the oil in a frying pan over high heat and add the chicken.
- Reduce to medium heat and cook until golden brown. Flip over and brown other side.
- Reduce heat again and leave chicken in pan until finished cooking. Serve with hot pepper sauce.

Strawberries and Toasted Oats Cereal Crisp

You will need:

$\frac{1}{2}$ cup toasted oats cereal, finely crushed	2 tsp. lemon juice	$1\frac{1}{2}$ tbsp. cornstarch
1 lb. fresh strawberries, cut into pieces	$\frac{1}{3}$ cup sugar	3 tbsp. brown sugar
6 tablespoons unsalted butter, cold and cut into small cubes		1 cup non-instant oatmeal

Instructions:

- In a medium-size bowl, combine strawberries, lemon juice, cornstarch, and sugar.
- In a separate bowl, combine toasted oats cereal and oatmeal. Add butter and use hands to mix it in.
- Distribute the strawberries evenly into 4 individual baking dishes or an 8 x 8 inch glass baking dish.
- Add oats mixture on top. Bake at 350 degrees F. for 20 minutes or until strawberries are caramelized.

12. Crunchy-Topped Strawberry-Kiwi Parfaits

You will need:

2 cups toasted oats cereal	$\frac{1}{4}$ cup sliced almonds or walnuts (optional)	$1\frac{1}{2}$ cups vanilla yogurt
1 cup fresh sliced strawberries	2 medium kiwi, peeled and cut into chunks	

Instructions:

- Heat oven to 350 degrees F. Place cereal and almonds in ungreased 13 x 9" pan. Bake until light brown.
- In each of 4 glasses, alternate layers of yogurt, strawberries, kiwi, toasted cereal and almond mixture.
- Substitute bananas, pineapple, or other berries if desired.
- Serve immediately.

Hot Buttered O's - Four Ways

Classic Hot Buttered O's

Melt $\frac{1}{4}$ cup butter in a 10-inch skillet. Stir in 4 cups toasted oats cereal and cook 2 - 3 minutes until cereal is well coated and hot. Sprinkle with salt.

Garlic Toast Hot Buttered Toasted Oats Cereal

Melt $\frac{1}{4}$ cup butter in a 10-inch skillet. Add 3 tablespoons fresh grated Parmesan cheese, $\frac{1}{2}$ tsp. garlic powder, and $\frac{1}{8}$ tsp. salt. Stir in 4 cups toasted oats cereal. Stir 2 - 3 minutes or until cereal is well coated and hot.

Mini Doughnut Hot Buttered Toasted Oats Cereal

Melt $\frac{1}{4}$ cup butter in a 10-inch skillet. Add $\frac{1}{4}$ tsp. vanilla. Stir in 4 cups toasted oats cereal. Stir 2 - 3 minutes or until cereal is well coated and hot. After cereal is heated, stir in $\frac{1}{4}$ cup sugar and 1 tsp. ground cinnamon. Stir well to coat.

Ranch Style Nibble Mix

You will need:

2 cups toasted oats cereal	$\frac{1}{4}$ cup unpopped popcorn	2 cups bite-size shredded wheat squares
2 tbsp. butter	1 tsp. dry ranch dressing mix	

Instructions:

- Preheat oven to 350 degrees F. Pop popcorn according to instructions.
- In a 13 x 9 x 2 inch pan combine popped corn, wheat squares, and oat cereal. Bake for 5 minutes.
- Remove and drizzle with butter. Sprinkle with dressing mix and mix well. Makes 9 cups.