

Quick & Easy Ways to Use Cold Cereal

Cold cereal is more than a breakfast food—it can be used in snacks, meals, and easy no-bake recipes. Here are versatile ways to make the most of the cereal in your pantry.

1. Easy Snacks

Dry Snack:

- Eat it plain as a crunchy snack—great in place of chips or crackers.
- See Optional add-ins to add some extra flavor

Kid Friendly Snack Cups:

- Let kids scoop cereal, dried fruit, and pretzels into their own cup for an easy snack

DIY Trail Mix:

- Mix cereal with whatever shelf-stable items you have, see Optional Add-ins

“Bugs on a Log”:

- Spread peanut butter or yogurt on celery; top with cereal, raisins, or any of the Optional Add-ins.

Optional Add-ins:
nuts, seeds, dried fruit,
chocolate chips,
pretzels, coconut
flakes

Yogurt Parfait

- Layer cereal with yogurt and fruit for a filling snack or breakfast.
- *Optional add-ins:* honey, cinnamon, peanut butter drizzle, fresh/frozen fruit.

Yogurt Bark

- Spread yogurt on a tray, top with cereal + fruit, freeze, and break into pieces. Store leftovers in the freezer.

Frozen Banana Pops

- Dip halved bananas in yogurt or peanut butter, roll in cereal, freeze.
- *Optional add-ins:* coconut flakes, chocolate drizzle.

Quick Tip:

Save crushed “crumbs” for toppings on yogurt, fruit, or casseroles.



Resources and Recipes:
myplate.gov/recipes/roasted-pumpkin-seed-snack-mix
myplate.gov/recipes/bugs-log
efnep.tamu.edu/2018/06/05/cereal-mix/#recipe
efnep.tamu.edu/2018/06/05/crunchy-banana-on-a-stick/
tasteofhome.com/recipes/peanut-butter-banana-yogurt-parfaits/
hy-vee.com/recipes-ideas/recipes/raisin-bran-blueberry-yogurt-bark

2. Creative Meal Helpers

Meat Extender or Binder

Crush plain cereal (corn flakes, bran flakes, shredded wheat) and use in:

- Meatloaf
- Meatballs
- Turkey or chicken patties

Crunchy Breading

Use crushed cereal as coating for:

- Baked/air-fried chicken
- Pork chops
- Fish



Casserole Topping

Sprinkle crushed cereal over casseroles (potato, tuna, veggie) before baking to add crunch.

Salad Crunch

Use granola or lightly sweet cereal in place of croutons.



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3. No-Bake Sweet Treats

Cereal is a great add in to baked goods! Just stir whole or crushed cereal into cookie dough or muffin batter for extra crunch. And these No-Bake recipes are great for getting kids involved in the kitchen!

No-Bake Cereal Bars

Mix together:

- 3 cups cereal
- ½ cup peanut butter (or other nut/seed butter)
- ⅓–½ cup honey, syrup, or melted marshmallows

Press into a pan, chill, cut into bars.

Optional Add-ins, these can be added to any recipe for extra flavor:

nuts, seeds, dried fruit, chocolate chips, pretzels, coconut flakes

O-Shape Cereal Balls

Ingredients:

- 2 cups O-shape cereal (Cheerios or similar)
- ½ cup peanut butter (or other nut/seed butter)
- ¼ cup honey or syrup
- 1 cup of marshmallows

Instructions:

1. Warm peanut butter, marshmallows, and honey together until soft (microwave 20–30 seconds or warm on stovetop).
2. Stir in the cereal until fully coated.
3. Scoop and roll into small balls.
4. Chill in the fridge for 20–30 minutes to help them firm up.

Reference: thesoccermomblog.com/honey-nut-cheerio-balls/



Quick Tip:

Swap in any cereal—you don't need the exact kind the recipe calls for.

Quick Marshmallow Cereal Bars (Classic Krispy Treats)

A simple, 3-ingredient recipe you can use with any cereal.

Ingredients:

- 3 tablespoons butter or margarine
- 1 package (10 oz) marshmallows or 4 cups mini marshmallows
- 6 cups cereal (any kind works!)

Instructions:

1. Melt butter in a large pot over low heat.
2. Add marshmallows and stir until completely melted.
3. Remove from heat; stir in the cereal until evenly coated.
4. Press mixture into a greased pan. Let cool, slice, and enjoy.

Reference: allrecipes.com/recipe/9959/marshmallow-treats/



Tips for Stretching Your Cereal

- Combine sweet cereal with plain cereal to reduce sugar and increase fiber.
- Store cereal in airtight containers to keep it fresh.