

CEREAL CUPS



Time Required:
25 Minutes



Servings: 12 cups

INGREDIENTS:

- 5 cups Corn Flakes
- 6 tablespoons syrup
- 4 tablespoons melted butter
- Cooking spray

STEPS FOR COOKING:

1. Pour all the cereal in a large plastic bag and seal tightly.
2. Crush the cereal with your fists, or with a rolling pin.
3. Pour the cereal back in the bowl and mix in the butter syrup.
4. Place the cereal mixture in each of the muffin tin slots to form the shape of the muffin tin and bake at 350 degrees.
5. Once baked and cooled, fill with yogurt and top with fruit.

Recipe Source: <https://www.healthnutnutrition.ca/2019/04/22/breakfast-granola-cups/>

WIC Foods:

- Corn Flakes
- Yogurt
- Fruit

Pantry Foods:

- Corn Flakes
- Seasonal fresh or frozen fruit

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