



## Oat Circles

*Fortified-Ready to Eat Cereal*

Oat circles are a ready to eat cereal with no added sweeteners. They are low in fat and are a good source of iron, vitamin A, vitamin C and fiber.

### Nutrition Information

Oat circles are a part of the grain group. Foods from the grain group provide our body with its number one source of energy.

Based on MyPyramid, 1 cup of oat circles provides 1 ounce of grains from the grain group.

A typical person should aim to eat 6 ounces of grains every day. At least 3 ounces should be whole grains.



### Storage

Store oat circles at room temperature in a dry place. Unopened ready to eat cereals can be stored up to 4 months.

After opening, re-fold the inner wrap to maintain flavor and crispness.

### Uses

- ✓ Top oat circles with cold milk and fresh fruit for a nutritious breakfast.
- ✓ Mix cereal with nuts and dried fruits for an easy trail mix.
- ✓ Oat circles can be substituted in recipes calling for any variety of dry ready to eat cereals.



**Know how. Know now.**



# Recipes



## Oat Circles Bars

24 servings

1 c. sugar	6 c. oat circles
1 c. white corn syrup	½ c. chocolate chips
1 c. peanut butter	

1. In a medium saucepan, combine sugar and corn syrup. Bring to a boil.
2. Remove from heat, add peanut butter. Mix until peanut butter is melted.
3. Add oat circles cereal. Mix well.
4. Spread into a greased 9x13-inch baking dish. Sprinkle chocolate chips on top. Let cool.
5. Cut into bars and serve.

**Nutrition Information per Serving:** Calories 190, Total Fat 7 g (11% DV), Saturated Fat 2 g (10% DV), Cholesterol 0 mg (0% DV), Sodium 130 mg (5% DV), Total Carbohydrate 30 g (10% DV), Dietary Fiber 1 g (4% DV), Sugars 14 g, Protein 4 g, Vitamin A 2%, Vitamin C 2%, Calcium 0%, Iron 15%.



## Crispy Orange Chicken

6 servings

1 egg, beaten	3 lb. chicken pieces, skinned
2 T. orange juice	¼ tsp. salt
1 tsp. hot sauce (optional)	¼ tsp. pepper
3 c. oat circles, crushed	

1. Preheat oven to 350°F.
2. In a shallow dish, combine egg, orange juice, and hot sauce.
3. Crush oat circles, and place in another shallow dish.
4. Dip chicken pieces in egg mixture, then roll in cereal to coat.
5. Place chicken in a single layer on a baking sheet coated with cooking spray.
6. Sprinkle chicken with salt and pepper.
7. Lightly mist chicken with cooking spray.
8. Bake for 50 to 60 minutes, until meat is no longer pink.

**Nutrition Information per Serving:** Calories 200, Total Fat 7 g (11% DV), Saturated Fat 2 g (10% DV), Cholesterol 115 mg (38% DV), Sodium 470 mg (20% DV), Total Carbohydrate 13 g (4% DV), Dietary Fiber 1 g (4% DV), Sugars 2 g, Protein 20 g, Vitamin A 10%, Vitamin C 15%, Calcium 2%, Iron 30%.

Recipes provided by the University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>