



## Rice Crisps

*Fortified-Ready to Eat Cereal*

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

### Nutrition Information

Rice crisps 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 rice crisps 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 rice crisps 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 rice crisps with cold milk and fresh fruit for a nutritious breakfast.
- ✓ Rice Crisp Treat Recipe: Melt 2 cups of mini-marshmallows over low heat in a medium sauce pan with 1 Tbsp. butter. Mix in 3 cups of rice crisp cereal. Immediately spread mixture into a buttered 8" x 8" pan. Let cool, cut and enjoy!
- ✓ Rice crisps can be substituted in recipes calling for any variety of dry ready to eat cereals.

**Know how. Know now.**



# Recipes

## Chocolate Cranberry Bars

12 servings

5 c. rice crisps cereal	1 (10.5 oz.) bag mini-marshmallows
½ c. chocolate chips	2 tsp. low-fat milk
½ c. dried cranberries	2 tsp. vegetable oil

1. Lightly grease a 9x13-inch baking pan. Set aside.
2. In a large mixing bowl, combine the rice crisps cereal, chocolate chips, and dried cranberries.
3. In a medium sized bowl, combine the mini marshmallows, milk and vegetable oil. Microwave for about 1 minute. Stir to make sure marshmallows are melted.
4. Pour the marshmallow mixture over the cereal mixture. Stir until cereal is well coated.
5. Press into the prepared pan. Let cool and then cut into 12 bars.

**Nutrition Information per Serving:** Calories 180, Total Fat 3 g (5% DV), Saturated Fat 1 g (6% DV), Cholesterol 0 mg (0% DV), Sodium 110 mg (5% DV), Total Carbohydrate 39 g (13% DV), Dietary Fiber <1 g (3% DV), Sugars 22 g, Protein 2 g, Vitamin A 10%, Vitamin C 10%, Calcium 2%, Iron 2%.

## Ranger Cookies

36 servings

1 c. vegetable shortening	1 tsp. baking powder
¾ c. brown sugar	1 tsp. baking soda
¾ c. sugar	3 c. regular oats
2 eggs	1 tsp. vanilla
2 c. all-purpose flour	1 c. rice crisps cereal
½ tsp. salt	

1. Preheat oven to 350°F. Grease a baking sheet and set aside.
2. In a large mixing bowl, beat together shortening, brown sugar, and sugar until smooth and creamy. Blend in eggs.
3. In a separate bowl, sift flour, salt, baking powder and baking soda together. Slowly add to mixture in other bowl.
4. Stir in the regular oats, vanilla, and cereal by hand. Mix well.
5. Drop by small spoonfuls onto prepared baking sheet.
6. Bake for about 10 minutes or until lightly browned.

**Nutrition Information per Serving:** Calories 140, Total Fat 6 g (10% DV), Saturated Fat 2 g (11% DV), Cholesterol 15 mg (5% DV), Sodium 95 mg (4% DV), Total Carbohydrate 19 g (6% DV), Dietary Fiber <1 g (3% DV), Sugars 9 g, Protein 2 g, Vitamin A 2%, Vitamin C 0%, Calcium 2%, Iron 4%.

All recipes can be found in The Cook's Helper 2<sup>nd</sup> edition, University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>