



CEREAL, OAT CIRCLES, READY-TO-EAT

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PRODUCT DESCRIPTION

- Oat circles are a ready-to-eat cereal with no added sweeteners.

PACK/YIELD

- Oat circles are packed in 14 ounce boxes, which is about 12 servings (1 cup each) of cereal. Since box sizes may vary, check package for exact amount.

STORAGE

- Store unopened boxes of corn circles in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Top oat circles with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- Use oat circles as a healthy afternoon snack.
- Oat circles can be used in many recipes calling for dry, ready-to-eat cereal.

NUTRITION INFORMATION

- 1 cup oat circles counts as 1 ounce in the MyPlate.gov Grain Group. For a 2,000 calorie-diet, the daily recommended amount is about 6 ounces.
- 1 ounce of oat circles provides 50% of the daily recommended amount of iron, 15% of the recommended amount of vitamin A and 11% of fiber.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 1 cup (28g) oat circles cereal

Amount Per Serving			
Calories	104	Calories from Fat	10
% Daily Value*			
Total Fat	1.8g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	190mg		8%
Total Carbohydrate	21g		7%
Dietary Fiber	3g		11%
Sugars	1g		
Protein	3g		
Vitamin A	15%	Vitamin C	8%
Calcium	10%	Iron	50%

*Percent Daily Values are based on a 2,000 calorie diet.

SWEET & SALTY TRAIL MIX

MAKES ABOUT 10 SERVINGS

Ingredients

- 1 ½ cups oat circles cereal
- 1 ½ cups corn squares cereal
- ½ cup whole almonds, chopped
- ½ cup raisins
- ½ cup small pretzels
- ½ cup chocolate chips

Directions

1. Mix all ingredients in a large bowl.
2. Store in an airtight container or re-sealable plastic bag.

Tip

Trail mix can be eaten as a quick and easy snack. Or, try spooning some of the trail mix into your favorite yogurt as a light meal or easy breakfast.

Nutritional Information for 1 serving (about ½ cup) of Sweet & Salty Trail Mix							
Calories	50	Cholesterol	0 mg	Sugar	11 g	Vitamin C	2 mg
Calories from Fat	60	Sodium	90 mg	Protein	3 g	Calcium	44 mg
Total Fat	5 g	Total Carbohydrate	22 g	Vitamin A	62 RAE	Iron	4 mg
Saturated Fat	2 g	Dietary Fiber	1 g				

Recipe adapted from Food.com

BANANA OAT MUFFINS

MAKES ABOUT 12 SERVINGS

Ingredients

- 2 cups oat circles cereal, crushed
- Nonstick cooking spray
- 1 ¼ cups flour
- ⅓ cup packed brown sugar (or ⅓ cup regular sugar)
- 1 teaspoon baking powder
- ¾ teaspoon baking soda
- 2-3 medium ripe bananas, mashed
- ⅔ cup 1% milk
- 3 tablespoons vegetable oil
- 1 egg

Directions

1. Preheat oven to 400 degrees F.
2. Spray 12 regular-sized muffin cups with nonstick cooking spray, or line cups with paper muffin cup liners.
3. Mix cereal, flour, brown sugar, baking powder, and baking soda in a large bowl.
4. Add bananas, milk, oil, and egg.
5. Stir just until moistened.
6. Divide batter among 12 muffin cups.
7. Bake 18 to 22 minutes until golden brown.

Nutritional Information for 1 serving (1 muffin) of Banana Oat Muffins							
Calories	160	Cholesterol	15 mg	Sugar	11 g	Vitamin C	4 mg
Calories from Fat	100	Sodium	170 mg	Protein	3 g	Calcium	70 mg
Total Fat	11 g	Total Carbohydrate	27 g	Vitamin A	40 RAE	Iron	3mg
Saturated Fat	0.5 g	Dietary Fiber	2 g				

Recipe adapted from General Mills.