



Homemade Honey Smackaroo Cereal + Slurp It Up Cereal Milk Frosty

By Dylan Sabuco

Prep Time 20 / Cook Time 5 / Serves 4 - 6

Shopping List

☐ DAIRY

☐ 6 C milk

☐ PANTRY

☐ 4 C puffed rice, Grape-Nuts, or plain corn flakes cereal, or 8 plain rice cakes

☐ 1/3 C honey

☐ HAVE ON HAND

☐ 1 C ice

☐ FLAVOR CHOICES FOR CEREAL AND FROSTY (pick 1 to 3 or all):

☐ 2 T ground cinnamon + more

☐ 2 T pure unsweetened cocoa powder + more ****(Omit for CHOCOLATE ALLERGY)****

☐ 2 T powdered sugar + more

☐ 1 C raisins

☐ 1 C banana chips

☐ 1 C freeze-dried fruit (strawberries, apples, and blueberries are great!)

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

- ☐ Skillet
- ☐ Large bowls (2-3)
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Blender (or pitcher + immersion blender)
- ☐ Liquid measuring cup

Ingredients

Homemade Honey Smackaroo Cereal

- ☐ 4 C puffed rice, Grape-Nuts, or plain corn flakes cereal, or 8 plain rice cakes, crumbled ****(for GLUTEN ALLERGY omit wheat or barley cereals, like Grape-Nuts)****
- ☐ 1/3 C honey + more to taste
- ☐ 3 C milk, for serving ****(for DAIRY ALLERGY sub 3 C dairy-free/nut-free milk)****
- ☐ Flavor choices (pick 1 to 3 or all):
- ☐ 1 T ground cinnamon + more
- ☐ 1 T pure unsweetened cocoa powder + more ****(Omit for CHOCOLATE ALLERGY)****
- ☐ 1 T powdered sugar + more
- ☐ 1/2 C raisins
- ☐ 1/2 C banana chips
- ☐ 1/2 C freeze-dried fruit (strawberries, apples, and blueberries are great!)

Slurp It Up Cereal Milk Frosty

- ☐ 3 C milk ****(for DAIRY ALLERGY sub 3 C dairy-free/nut-free milk)****

- ☐ 1 C ice
- ☐ Flavor choices (pick 1 to 3 or all):
- ☐ 1 T ground cinnamon
- ☐ 1 T pure unsweetened cocoa powder ****(Omit for CHOCOLATE ALLERGY)****
- ☐ 1 T powdered sugar
- ☐ 1/2 C raisins
- ☐ 1/2 C banana chips
- ☐ 1/2 C freeze-dried fruit (strawberries, apples and blueberries are great!)

Food Allergen Substitutions

Homemade Honey Smackaroo Cereal

Wheat/Gluten: Omit Grape-Nuts and any other wheat or barley cereal. Check box for gluten-free designation or check ingredients.

Dairy: For 3 C milk, substitute 3 C dairy-free/nut-free milk.

Chocolate: Omit optional cocoa powder.

Slurp It Up Cereal Milk Frosty

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Chocolate: Omit optional cocoa powder.

Instructions

Homemade Honey Smackaroo Cereal

intro

Cereal is a breakfast staple in houses across the globe! Cereal ranges from super sweet to completely plain, making cereal approachable to a wide range of people. Some enjoy cereal with their yogurt and fruit, or simply with milk, or dry as a snack for a long hike; you can even turn cereal into crispy baked treats! The options are almost endless. Today's recipe will have you making your own unique cereal flavor to fit your taste buds perfectly!

measure + mix

Measure and divide **4 cups of either puffed rice, Grape Nuts or plain corn flakes cereal or 8**

crumbled rice cakes into separate large bowls if adding different flavors. Then, measure **1/3 cup of honey and drizzle** it as evenly as possible over each of the plain cereals of choice. Gently stir until the honey is coating the cereal.

toast + toss

Toast the honey-coated cereal over medium-low heat in your skillet for roughly 5 minutes. Shake and toss the cereal as it cooks until it becomes slightly browned and extra crisp.

edible education

The name "cereal" is derived from the Roman goddess of agriculture, Ceres. Today, it's estimated that half of Americans eat cereal for breakfast, and the average person consumes around 160 bowls yearly. Cereal is often a source of complex carbohydrates, fiber, and protein and is often fortified with vitamins and minerals.

flavor + stir

Next, choose a flavor for each bowl of cereal. All the flavors can be added or even combined with other flavors! Let your kids decide what flavors they will make. Stir until all the flavorings are mixed in really well. Remember to take a tiny taste of the flavored cereal, then add more of the honey, powdered sugar, cocoa powder, or cinnamon if the cereal needs more flavor.

pour + crunch

Pour a 1/4 cup of cereal or a little more into a cereal bowl for each kid. Make sure to let them pick which flavor they want. Then, add enough milk to just barely make the cereal float in the bowl. Munch, crunch, and slurp all your cereal up! Optionally, extra cereal can be bagged up for breakfast another day!

Slurp It Up Cereal Milk Frosty

measure + blend

Measure **3 cups milk**, **1 cup ice**, and your flavoring of choice (see ingredients list) into a blender (or pitcher for use with an immersion blender). Blend until creamy and smooth. Pour, gulp, and slurp! Enjoy!

Featured Ingredient: Puffed Rice!

Hi! I'm Puffed Rice!

"I'm puffed up, but I'm not conceited! I'm airy, light, and crunchy. Think of me as tiny puffed rice pillows. You may have eaten puffed rice as a breakfast cereal, in a chocolate bar (think 'crunch'), or a rice cake. Did you know that 1 1/4 cups of puffed rice is the same weight as 1 cup of cereal flakes or rounds?!"

Puffed rice is a reaction to the starch and moisture in the grain when it is heated within its shell. Because rice has no natural moisture, it must be steamed before being added to hot salt or oil in a pan or heated in

an oven. Puffing can also occur when rice is contained in a tube with steam under high pressure.

Puffed rice was mentioned in a Chinese book written by Fan Chengda during the Song Dynasty, around 1100 CE. It is known in Chinese as "bào chǎo mǐ huā lóu," and is still a popular street food in Shanghai. American inventor Dr. Alexander P. Anderson from Red Wing, Minnesota, invented a method for making puffed grains in 1901 while experimenting with the effects of heat and pressure on cornstarch granules. He also experimented with wheat and rice. He created the first machine (puffing "guns" or "cannons") for puffing grains and introduced it at the World's Fair in St. Louis, Missouri, in 1904.

Once Dr. Anderson's machine was patented and available for purchase, cereal companies began producing puffed rice and wheat breakfast cereals.

In addition to breakfast cereals, puffed rice is also included in some candy bars, granola bars, and puffed rice cakes.

Several Asian countries use puffed rice for snacks as well as in savory dishes and tea.