

OAT CIRCLES

FORTIFIED READY TO EAT CEREAL

for use in the USDA Household Commodity Food Distribution Programs

Revised: 10/28/03

Product Description

Oat Circles is a ready-to-eat cereal with no added sweeteners.

Pack/Yield

A 15-ounce box of cereal provides 13 1-cup servings. Box sizes may vary, so check the label for exact yield.

Storage

- Store unopened boxes of cereal in a cool, dry place off the floor until ready to use.
- After opening, keep inside bag tightly closed to preserve freshness. Use within 4 to 6 weeks.

Uses and Tips

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

(See recipes on reverse side)



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Nutrition Information

- ***Oat Circles Cereal*** is low in fat and is a good source of fiber. Because it is fortified, it is a good source of vitamin A, vitamin C, and iron.
- 1-ounce (1 cup) of oat circles cereal provides 1 serving from the **BREAD, CEREAL, RICE, and PASTA GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size 1 cup (30g) oat circles cereal			
Amount Per Serving			
Calories	110	Fat Cal	12
% Daily Value*			
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	240mg		10%
Total Carbohydrate	22g		7%
Dietary Fiber	3g		12%
Sugars	1g		
Protein	4g		
Vitamin A	10%	Vitamin C	10%
Calcium	10%	Iron	50%
*Percent Daily Values are based on a 2,000 calorie diet			

Banana Oat Muffins

2 cups oat circles, crushed
 1¼ cups flour
 1/3 cup packed brown sugar
 1 teaspoon baking powder
 ¾ teaspoon baking soda
 1 cup mashed very ripe bananas (2-3 medium)
 2/3 cup lowfat milk
 3 tablespoons oil
 1 egg

1. Heat oven to 400°F.
2. Spray 12 regular-sized muffin cups with cooking spray, or grease bottoms only of muffin cups.
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 twelve muffin cups.
7. Bake 18-22 minutes until golden brown.

Recipe provided by General Mills

Makes 12 muffins

Nutrition Information for each serving of Banana Oat Muffins:

Calories	148	Cholesterol	18 mg	Sugar	9 g	Calcium	47 mg
Calories from Fat	40	Sodium	173 mg	Protein	3 g	Iron	2.1 mg
Total Fat	4.4 g	Total Carbohydrate	24 g	Vitamin A	59 RE		
Saturated Fat	.8 g	Dietary Fiber	1 g	Vitamin C	4 mg		

Crispy Orange Chicken

1 egg, beaten
 1 tablespoon orange juice
 1-2 teaspoons orange peel
 3 cups oat circles, crushed to 1½ cups
 2½ to 3 pounds chicken pieces, skinned
 2 tablespoons margarine or butter melted

1. Preheat oven to 375°F.
2. In a shallow dish, combine egg, orange juice, and orange peel.
3. Dip chicken pieces in egg mixture, then roll in cereal to coat.
4. Place chicken in a single layer on a rack in a shallow baking pan.
5. Drizzle with margarine.
6. Bake 50 to 60 minutes until meat is no longer pink.

Recipe provided by Ralston Foods

Makes 6 servings

Nutrition Information for each serving of Crispy Orange Chicken:

Calories	582	Cholesterol	145 mg	Sugar	0 g	Calcium	47 mg
Calories from fat	317	Sodium	349 mg	Protein	53 g	Iron	7.5 mg
Total Fat	35.2 g	Total Carbohydrate	12 g	Vitamin A	356 RE		
Saturated Fat	3.6 g	Dietary Fiber	1 g	Vitamin C	11 mg		

Sugar 'N Spice Snacks

3 tablespoons margarine or butter, melted
 ¼ cup sugar
 1 teaspoon ground cinnamon
 3 cups oat circles

1. Melt margarine in skillet over low heat. Stir in sugar and cinnamon. Mix well.
2. Gradually add cereal, stirring until all pieces are evenly coated.
3. Cook 3 minutes, stirring constantly.
4. Spread on waxed paper to cool.
5. Store in airtight container.

Recipe provided by Ralston Foods

Makes 3 servings, 1 cup per serving

Nutrition Information for each serving of Sugar 'N Spice Snack:

Calories	277	Cholesterol	0 mg	Sugar	17 g	Calcium	53 mg
Calories from fat	120	Sodium	413 mg	Protein	3 g	Iron	8.4 mg
Total Fat	13.3 g	Total Carbohydrate	40 g	Vitamin A	363 RE		
Saturated Fat	2.2 g	Dietary Fiber	3 g	Vitamin C	15 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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