

Seedless Grapes Wrapped in Goat Cheese



Makes 24 rolled grapes/Serves 8

Ingredients

1/4 pound goat cheese, at room temperature

24 red or green seedless grapes, stemmed, rinsed and patted dry

1/3 cup Honey Bunches of Oats

Directions

Divide the goat cheese into twenty-four quarter size balls. With your fingers, mold the cheese around each grape until the fruit is completely covered. Keep cold.

Use rolling pin to crush Honey Bunches of Oats. Roll each coated grape one at a time in finely chopped Honey Bunches of Oats until covered. Place in a single layer in a low flat dish, cover and refrigerate until ready to serve. The grapes may be rolled up to 6 hours in advance.





Makes 8 Servings

Ingredients

2 eggs

1 pound boneless skinless chicken breasts, cut into strips

4 ½ cups of Honey Bunches of Oats, finely crushed

Directions

Preheat oven to 375°F degrees. Beat eggs lightly in shallow dish or pie plate. Dip chicken in eggs, turning over to evenly coat both sides of each strip. In a separate dish or pie plate, coat chicken with cereal.

Place in two cookie sheets covered in non-stick spray. Bake for 25 minutes or until golden brown.



Mini Chocolate Mousse Cups



Makes 8 Servings

Ingredients

4 egg yolks
¼ cup sugar
1 cup heavy whipping cream
1 package (6 ounce size) semisweet chocolate chips
1 ½ cup heavy whipping cream
1 cup of Honey Bunches of Oats

Directions

Beat egg yolks in small bowl with electric mixer on high speed for about 3 minutes or until thick and lemon colored. Gradually beat in sugar. Heat 1 cup whipping cream in 2-quart saucepan over medium heat just until hot. Gradually stir at least half of the cream into egg yolk mixture, and then stir back into hot cream in saucepan. Cook over low heat about 5 minutes, stirring constantly; until mixture thickens (do not boil). Stir chocolate chips into cream mixture until melted. Cover and refrigerate about 2 hours, stirring occasionally, just until chilled.

Beat 1 ½ cups whipping cream in chilled medium bowl with electric mixer on high speed until stiff. Fold refrigerated mixture into whipped cream. Pipe or spoon mousse into cups. Sprinkle with your favorite Honey Bunches of Oats cereal.

*Use dark chocolate and milk chocolate to get double chocolate mousse



Mini Raspberry Mousse Cups



Makes 8 Servings

Ingredients

2 teaspoons unflavored powdered gelatin

2 tablespoons cold water

5 cups fresh raspberries or two 10-ounce bags frozen raspberries, thawed

$\frac{3}{4}$ cup sugar

2 large egg whites, at room temperature

1 cup heavy cream

1 cup Honey Bunches of Oats

Directions

In a small bowl, sprinkle the gelatin over the water and let stand until softened, about 5 minutes. In a blender, puree 4 cups of raspberries with $\frac{1}{2}$ cup of sugar. Strain the puree into a bowl through a fine sieve. In a microwave, melt gelatin for 10 seconds on low power. Whisk the gelatin into the raspberry puree. In a large bowl set over a pot of simmering water, whisk the egg whites with the remaining $\frac{1}{4}$ of cup sugar until warm to the touch. Remove the bowl from the heat. Using a hand-held electric mixer, beat the whites at medium-high speed until stiff and glossy. Fold the egg whites into the puree. In the same bowl, beat the cream until firm. Fold the whipped cream into the raspberry mixture. In a small bowl, coarsely mash the remaining 1 cup of raspberries. Fold them into the mousse. Scoop the mousse into 8 bowl and refrigerate until set, at least 1 hour or overnight. Pipe or spoon mousse into cups. Sprinkle with your favorite Honey Bunches of Oats cereal.



Chocolate Covered Strawberries



Makes about 20 chocolate strawberries

Ingredients

6 ounces semisweet chocolate, chopped

1 pound or 20 strawberries washed and dried very well (with or without stems)

Honey Bunches of Oats, finely chopped

Directions

Put the semisweet chocolate into heatproof medium bowl. Fill medium saucepan with a couple inches of water and bring to a simmer over medium heat. Turn off the heat; set the bowl of chocolate on top of saucepan to melt chocolate. Stir until smooth. Once the chocolate is melted and smooth, remove from the heat. Line a large sheet pan with parchment or waxed paper. Holding strawberry by the stem, dip the fruit into the chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl. Set strawberries on parchment paper. Sprinkle finely chopped Honey Bunches of Oats on top and set aside to harden for about 30 minutes.





Mini Yogurt Parfaits

Makes 4 Servings

Ingredients

Vanilla yogurt

Strawberry yogurt

Fresh berries such as strawberries, blueberries, blackberries, raspberries

Honey Bunches of Oats

Directions

Line up 4 mini cups and spoon 2 tablespoons of yogurt into each glass and level off surface. Add 2 tablespoons of fruit on top the vanilla yogurt. Spoon 2 tablespoons of strawberry yogurt on top of fresh berries and level off. Top with your favorite Honey Bunches of Oats cereal and serve.





Makes 7 servings : 3 balls per serving

Ingredients

20 caramels

1 tablespoon of water

2 cups of Honey Bunches of Oats

Directions

Microwave caramels and water in medium microwavable bowl on high 1 ½ to 2 minutes or until caramels are completely melted, stirring after each. Stir in 1 ½ cups of the cereal. With hands slightly moistened with cold water, shape cereal mixture into 21 small balls, each about 1 inch in diameter. Finely chop remaining ½ cup cereal; place in shallow dish. Roll in cereal until evenly coated.



Crunchy Sweet Potato Oaties



Makes 25 servings : 2 per serving

Ingredients

- 1 can (29 oz.) sweet potatoes, drained and mashed
- ½ cup flour
- ½ cup firmly packed brown sugar
- ½ cup chopped pecans
- ½ teaspoon ground cinnamon
- 1 tablespoon melted butter
- 1 egg
- 2 ½ cups Honey Bunches of Oats Cereal, coarsely crushed

Directions

Preheat oven to 325°F degrees. Mix sweet potatoes, flour, sugar, pecans, cinnamon and butter in large bowl. Stir in egg (Mixture will be soft). Place cereal crumbs on large plate or in shallow dish. Drop rounded teaspoonful of the sweet potato mixture onto cereal; gently shape into ball while rolling in crumbs until evenly coated on all sides. Place 2 inches apart on baking sheet sprayed with cooking spray. Repeat with remaining sweet potato mixture and remaining crumbs. Bake 20 minutes. Serve warm, or cover and refrigerate for thirty minutes to serve chilled.

