



Pail Mix

Prep Time 

Start to Finish 

Servings  5

INGREDIENTS

1 cup Cheerios™
1 cup Multi Grain Cheerios™
1 cup Cheerios™ Veggie Blends
1 cup Corn Chex™
1 cup Rice Chex™

DIRECTIONS

1. Combine cereals and serve in individual "pails" or cups.

Tip: Add whole grain pretzels, whole grain animal crackers and/or dried fruit pieces to create a variety of Pail Mixes

Crediting:
Grains: 1 oz eq.



bell institute
OF HEALTH AND NUTRITION
GENERAL MILLS

Make a snack-size version of your favorite bean and cheese burrito with these easy tortilla bowls. Be sure to add your favorite toppings to make each bite extra delicious.



Easy Bean and Cheese Tortilla Bowls

Prep Time  15 min

Start to Finish  15 min

Servings  8

INGREDIENTS

1 can (16 oz) Old El Paso™ Refried beans, heated as directed on can

1 package (6.7 oz) Old El Paso™ Flour Soft Tortilla Bowls (8 Count), heated as directed on package

1 cup shredded cheese or Mexican cheese Blend (4 oz)

Toppings as Desired

shredded lettuce
sour cream
salsa
guacamole

DIRECTIONS

1. Spread 1/4 cup beans in bottom of each tortilla bowl. Top beans with 2 tablespoons shredded cheese.
 2. Add additional toppings. Serve immediately.
- Swap refried beans for 1 can (15 oz) Progresso™ Black Beans, drained, rinsed and heated, if desired. Spoon 2 heaping tablespoonfuls into each bowl before topping with cheese.
 - Added your own favorite toppings to these bowls! Chopped avocado, diced tomatoes, hot sauce, green onions, etc. all add flavor to this easy snack. Any variety of Old El Paso™ Refined Beans will work in this recipe

Crediting:

Grains: 1/2 oz eq.

Meat/ Meat Alternate 0.25 oz eq.



bell institute
OF HEALTH AND NUTRITION
GENERAL MILLS



Easy Biscuit Pizza Snacks

Prep Time 

Start to Finish 

Servings  8

INGREDIENTS

1 Can (16.3 oz) refrigerated Pillsbury™ Grands!™ Flaky Layers Original Biscuits (8 Count)

1/3 cups pizza sauce

8 Sticks (1oz each) mozzarella sticks, unwrapped, each cut crosswise

1 cup mini pepperoni slices (from 5-oz package)

DIRECTIONS

1. <YUhcj Yb'hc'' +) š ''@bY'&'UF[Y V&c_]Y'g\YYhgk]h' V&c_]b['dUFW&a YbhdUdYf'cf']I[\hm[fYUgy''
 2. GYdUFuH'8ci [\]bhc' , 'V]gW]hg''GYdUFuH'YUW V]gW]h]bhc'&'UnYfg/d'UW'cb' V&c_]Y'g\YYhg'': 'UHyb'V]gW]h'UnYf'Zcf'Yj Yb'h' JWbYggz]ZbYYXYX''
 3. GdfYUX'YUW V]gW]h'UnYf'k]h' %HYUgdccb'd]nnU'gli W''DYY'YUW'gfh]b['WYYgy'\UZ]bhc'' ''cb['gh]dgzUbX'd'UW'cb'hd'cZgli W''Hcd'YUW'k]h' %HUV'Ygdccb' dYddYfcb]''
- › 1D'UW'Vch' V&c_]Y'g\YYhg]b'cj Yb''6U_Y''* 'a]bi HY''FchUHy'g\YYhg'hc'X]ZZYfybhfuWg' UbX'hi fb Zfca' Zfcbh'c'VUW''6U_Y''* 'hc' , 'a]bi HYg'cb[Yfi' bh' Vcltca' g'UFY'XYXd' [c'XYb'Vfck b UbX'WYYgy']g'a Y'hYX''@hgtUbX') 'a]bi HYg'VYZcf'y'gyfj]b[''

Crediting:

Meat/ Meat Alternative: 1 oz

Grain: 2 oz eq.

Serving Size: 2 pizza snacks each



bell institute
OF HEALTH AND NUTRITION
GENERAL MILLS