



These fun and delicious burritos are filled with creamy cinnamon cream cheese, crisp apples, and crunchy cereal, offering a playful handheld twist that kids will enjoy.

# Apple Cinnamon Crunch Burritos

Prep Time  15 min

Start to Finish  15 min

Servings  6

## INGREDIENTS

## DIRECTIONS

- 3/4** cup cream cheese spread (plain, blueberry or strawberry)
- 3** tablespoons sugar
- 3/4** teaspoon ground cinnamon
- 6** whole-wheat flour tortillas (8 inch)
- 1** cup Cinnamon Chex™ Cereal, coarsely crushed
- 1 1/2** cups chopped unpeeled apples (2 medium)

- 1.** In small bowl, mix cream cheese spread, sugar, and cinnamon until blended. Set aside.
- 2.** To assemble, warm tortillas as directed on package. Spread 2 heaping tablespoons of the cream cheese mixture over each tortilla, leaving 1/2-inch border around edge.
- 3.** Sprinkle about 2 tablespoons cereal over cream cheese mixture on each. Place 1/4 cup of the chopped apples in 4-inch line just below center of each tortilla, leaving 2-inch border on both sides.
- 4.** Roll up each tortilla tightly: Fold bottom of tortilla over filling, then fold in sides to enclose. Continue rolling to seal.
- 5.** To serve, cut each burrito in half crosswise. Serve with additional fresh fruit on the side. Refrigerate any leftovers.

Pre-school 3-5 years old	1/2 Burrito	0.75 oz eq Grain 1/8 cup fruit
School Age 6-12 years old	1 Burrito	1.75 oz eq Grain 1/4 cup fruit

Serving Size: **1 burrito**

**Tip:** Replace cream cheese with a nut or seed butter of choice.



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These baked French toast fingers are a fun, easy, and kid-friendly breakfast. Crunchy cereal on the outside and soft, custardy inside, they're a tasty way to start the day.

# Baked Crunchy French Toast Fingers

Prep Time **15**  
min

Start to Finish **35**  
min

Servings **6**

## INGREDIENTS

- 3 1/2** cups Blueberry Chex™ Cereal or Strawberry Vanilla Chex™ Cereal
- 6** slices whole grain bread
- 3** eggs, slightly beaten
- 1** cup milk
- 1** tablespoon sugar
- 1** teaspoon vanilla
- 1/8** teaspoon salt
- 3** cups assorted fresh fruit, such as sliced bananas, blueberries, raspberries, and chopped strawberries
- Maple syrup, if desired

## DIRECTIONS

- 1.** Heat oven to 425°F. Line 15x10x1-inch baking pan with foil; spray foil with cooking spray.
- 2.** Place cereal in large resealable plastic food-storage bag; seal bag. Using rolling pin or flat bottom of measuring cup, finely crush the cereal. Place crushed cereal in pie plate or shallow dish.
- 3.** Cut each slice of bread in half lengthwise to make strips. Place the bread strips in 13x9-inch (3-quart) glass baking dish.
- 4.** In medium bowl, beat eggs, milk, sugar, vanilla, and salt with whisk until well mixed. Pour egg mixture slowly and evenly over bread strips. Let soak 2 minutes, pressing gently halfway through with back of metal spatula to ensure strips are fully soaked.
- 5.** Remove bread strips from egg mixture one at a time, and carefully dip into crushed cereal, turning to coat both sides (pressing in with hands if needed). Arrange coated strips in pan.
- 6.** Bake 10 to 12 minutes or until bottoms are golden brown. Carefully flip each strip, then bake 4 to 6 minutes longer or until golden brown.
- 7.** To serve: Place 2 French toast "fingers" on plate, top with 1/4 cup fruit and serve another 1/4 cup fruit on the side. Serve with maple syrup, if desired.

Pre-school 3-5 years old	1/2 slice (1 finger)	0.75 oz eq Grain 0.5 oz eq Meat/Meat Alternate 1/4 cup fruit*
School Age 6-12 years old	1 slice (2 fingers)	1.5 oz eq Grain 0.5 oz eq Meat/Meat Alternate 1/2 cup fruit

\* Serve with an additional 1/4 cup fruit.

Serving Size: **2 fingers**



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