

## Cheerios Uses

**Relieve itching from chicken pox, poison ivy, poison oak, or pain from sunburn.** Pour two cups Cheerios in a blender and blend into a fine powder on medium-high speed. Put the powdered Cheerios into a warm bath and soak in the oats for thirty minutes. It's a soothing oatmeal bath.

**Give yourself a moisturizing facial.** Make a paste from ground-up Cheerios, lemon juice, and honey. Apply to face, let sit for ten minutes, then rinse with warm water.

**Relieve dry, chapped hands.** Pour one cup of Cheerios in a blender and blend into a very fine powder. Empty the powder into a large bowl. Rub your chapped hands in the powder, gently removing the top layer of dead skin cells. Rinse with cool water, pat dry, and then apply hand cream.

**Help fight heart disease.** Beta-glucan—a soluble bran-based fiber found in whole oats, oat bran, and oat flour—can reduce serum cholesterol, a major risk factor in heart disease. A one-cup bowl of the traditional version of Cheerios in the bright yellow box contains 1 gram of beta-glucan soluble fiber, no more than 2 grams of fat, and zero saturated fat—which qualifies it for the FDA-approved claim that eating Cheerios, in conjunction with a diet low in saturated fats and cholesterol, can reduce the risk of heart disease. Data suggests very strongly that you need at least 3 and 4 grams of beta-glucan a day to see a significant cholesterol-lowering effect. That's equal to three cups of Cheerios every day. (A diet high in fat can negate any benefits from the oats.)

**Make Cheerios Treats.** Grease a 13- by 9-inch pan. Microwave three tablespoons margarine (or vegetable-oil spread) in a large microwaveable bowl on high for 45 seconds or until melted. Add one package miniature marshmallows (six cups) or forty large marshmallows. Toss to coat with margarine or spread. Microwave on high for 45 seconds, stir, then microwave for another 45 seconds (or until smooth when stirred). Stir in one-half cup smooth or crunchy peanut butter. Immediately add five cups Cheerios cereal. Mix until well coated. Using greased spatula or wax paper, press mixture into prepared pan. Cool. Cut into squares. Makes about 24. (You can also mix one cup M&M's Chocolate Candies or one cup raisins and one-half cup dry roasted peanuts with cereal; add to warm marshmallow-peanut mixture.)

**Make "Cheerios Chicken."** Preheat oven to 400 degrees Fahrenheit. Line a jelly-roll pan (15.5 inches by 10.5 inches by 1 inch) with aluminum foil. Mix two cups finely crushed Cheerios (from the yellow box), one-quarter teaspoon pepper, one teaspoon parsley flakes, one-quarter teaspoon garlic powder, one-quarter teaspoon dried oregano leaves, and one-half teaspoon salt. Dip four chicken-breast halves (skinned and boned) into one-quarter cup milk, then roll in cereal mix until well coated. Place chicken in pan and drizzle with two tablespoons melted margarine. Bake until done, about twenty to twenty-five minutes. (Above 3,500 feet elevation, bake about thirty minutes.) Makes four servings.