America’s Cereals with Francine Segan
Cereal Dessert Recipes
Recipes inspired by Dolci: Italy’s Sweets by Francine Segan

CHOCOLATE ‘SALAMI’ WITH CEREAL
Makes one 6-inch ‘salami’

This is an adorable dessert. It really looks like a salami, especially because its coated in confectioners’ sugar, tied with kitchen twine like real salami and placed on a wooden cutting board accompanied by crusty bread. When it’s sliced, the nuts and cereal bits add to the salami look on the inside, too.

Think of it as a giant truffle!

- 2 ounces dark chocolate
- ½ cup superfine sugar
- 5 tablespoons unsalted butter, softened
- 1 cup of your favorite breakfast cereal, such as granola, rice crispies or corn flakes
- ¼ cup coarsely chopped nuts such as pistachios, hazelnuts or almonds
- Confectioners’ sugar
- Crusty bread, optional

Melt the chocolate in a glass bowl in the microwave or over a pan of simmering water. Allow to cool to room temperature. Reserve.
Beat the sugar and butter with a spatula or electric hand mixer until creamy and smooth. Stir in the chocolate, cereal and nuts until well combined.

Spoon the mixture onto a sheet of plastic wrap or parchment paper, and form into a salami shape, about 6 inches long and 2 inches thick. Wrap well and refrigerate until firm, about 4 hours.

To serve, roll the “salami” in confectioners’ sugar and tie with kitchen twine, so it looks even more like real salami. Serve cold, on a small wooden cutting board or platter accompanied by crusty bread, if you like.

CEREAL CUSTARD

Serves 8

Like flan or crème caramel, but with a surprising cereal bottom.

- 1 cup granulated sugar
- 3 large eggs
- 2 large egg yolks
- 1 tablespoon vanilla extract
- 1 ¼ cup whole milk
- 1 ¼ cup heavy cream
- 1 cup of your favorite cold breakfast cereal

Preheat the oven to 350°F. Put eight 1/2 cup ramekins into a deep roasting pan, filled with 2 inches of hot water.
In a small heavy-bottomed saucepan, put 1/2 cup of the sugar and sprinkle with 1/2 teaspoon of water. Stir with a wooden spoon over medium heat, until the sugar becomes a golden-colored liquid, about 5 minutes. Carefully divide the mixture between the ramekins, so that it covers the bottom. Reserve.

In a bowl, using an electric hand mixer or whisk, beat the eggs, yolks and vanilla until light yellow and creamy. Meanwhile, in a medium saucepan, heat the milk and cream until it just begins to bubble at the edges, then slowly pour the hot milk into the egg mixture and gently whisk to combine. Stir in the cereal.

Using a large spoon or ladle, divide the mixture among the reserved ramekins, being sure to divide the cookie pieces evenly. Bake for about 45 minutes, until firm and light golden on top. Allow to cool to room temperature, then refrigerate until ready to serve. To serve, cut along the edges with a knife, and turn over onto a serving plate so the caramel is on top. Serve cold.

Cook’s note: You can also make this dessert in a loaf pan. It will need an extra 5 minutes in the oven.

CRISPY CEREAL FRUIT SALAD
Serves 4

A terrific no-cook, no-fuss dessert.

Mix your favorite dried fruits with nuts, chopped chocolate, and your favorite cereal plus a splash of orange juice.
3/4 cup assorted dried fruit, chopped
1/2 cup assorted chopped nuts
1 to 2 ounces milk or dark chocolate, chopped
3/4 cup of your favorite crispy breakfast cereal
1/4 cup orange juice

In a bowl combine the dried fruit, nuts, chocolate and cereal.

Just before serving, pour on the orange juice to moisten, then serve.
There are a plethora of recipes that incorporate cereals readily available online. Here are some of my favorites.

- **Grape Nuts Cereal Recipes:**
  - Grape Nuts & other Post cereal recipes available [here](#).
  - Grape Nuts Hot: Peanut Butter and Jelly Cereal Recipe available [here](#).
  - Grape Nuts Banana Crunch Muffins Recipe available [here](#).
  - Grape Nuts Hot: Roasted Root Veggies Recipe available [here](#).

- **Kellogg’s Cereal Recipes:**
  - The Original Kellogg’s Rice Krispies Treats available [here](#).
  - Additional fun Rice Krispies recipes available [here](#).
  - Kellogg’s Corn Flakes recipes available [here](#).

- **Special K™ Recipes:**
  - Special K™ Frozen Yogurt Treats available [here](#).
  - General Mills: Chex Party Mix Recipe available [here](#).
  - Quaker Oats: Life recipes available [here](#).