

Cinnamon Sugar Toasted Cheerios: The 10-Minute Crunchy Snack Hack

The Secret to the Perfect Crunch: Cinnamon Sugar Toasted Cheerios



TIME
10 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

Plain Cheerios (4 cups): Use the classic yellow box. Avoid flavored versions as they have a different sugar content and can burn easily.

Salted Butter (1/2 cup): Sliced into pats for even melting. The salt in the butter balances the sugar perfectly.

Granulated Sugar (1/4 cup): This provides the classic "crunch" factor.

Ground Cinnamon (1 tsp): Feel free to use a high-quality Ceylon cinnamon for a more floral note.

Salt (1/4 tsp): Even if using salted butter, a tiny pinch of extra salt makes the cinnamon pop.

Pure Vanilla Extract (1 1/4 tsp): This is the "secret sauce" that makes the cereal smell like a fresh-baked cookie.

Swaps and Recipe Notes:

The Butter: If you only have unsalted butter, increase the added salt to 1/2 tsp. For a vegan-friendly version, a high-quality plant-based butter stick works well.

The Sweetener: You can swap granulated sugar for coconut sugar for a deeper, caramel-like flavor, though the texture will be slightly less "sandy."

The Cereal: While Cheerios are the gold standard here, this method also works with Chex or even plain puffed wheat.

Spice it Up: If it's autumn, swap the cinnamon for

pumpkin pie spice. It pairs beautifully with these easy pumpkin spice muffins.

Step-by-Step Instructions:

1. Mix the Cinnamon Sugar:
2. Melt and Infuse:
3. Toast the Cereal:
4. The Final Coating:
5. The Cooling Phase:

Tips for Success:

Don't Walk Away: Butter and sugar can go from "perfectly toasted" to "burnt" in about 20 seconds. Stay at the stove and keep those Cheerios moving!

Use a Large Skillet: You want as much surface area as possible so the cereal toasts evenly rather than steaming in a pile.

The "Re-Crisp" Trick: If you live in a humid climate and the cereal gets a bit soft the next day, just toss them back into a dry skillet for 60 seconds.

Serving Suggestions and Pairings:

Yogurt Parfait: Sprinkle these over Greek yogurt with fresh berries.

Ice Cream Topper: Try them over vanilla bean ice cream for a "cereal milk" dessert vibe.

Drink Pairings: On a hot day, enjoy these alongside a glass of refreshing blueberry lemonade. If you're feeling more indulgent, they pair surprisingly well with a scoop of edible cookie dough.

Nutritional Information (Per Serving):

Calories: 165 kcal

Fat: 9g

Carbohydrates: 20g

Fiber: 2g

Sugar: 8g

Protein: 2g

Storage and Leftover Tips:

More Recipes You Will Love:

No-Bake Monster Cookie Energy Balls

DIRECTIONS

1. **Mix the Cinnamon Sugar:** In a small bowl, whisk together the granulated sugar, ground cinnamon, and salt. Mixing this beforehand ensures that every Cheerio gets an even distribution of spice rather than clumps of cinnamon in one spot.
2. **Melt and Infuse:** Place a large nonstick skillet over medium heat. Add the sliced butter. Once the butter is completely melted and just starting to bubble, stir in the vanilla extract. Be careful, as the vanilla might sizzle!
3. **Toast the Cereal:** Add the 4 cups of Cheerios to the skillet. Use a wooden spoon or spatula to toss the cereal continuously. You want every single O to be glistening with that vanilla butter. Keep stirring for 3-5 minutes. You'll know they are ready when they turn a shade darker (golden brown) and smell toasted and nutty.
4. **The Final Coating:** Remove the skillet from the heat immediately to prevent burning. Sprinkle the cinnamon sugar mixture over the cereal while it's still hot. Toss vigorously to coat.
5. **The Cooling Phase:** Spread the Cheerios out on a parchment-lined baking sheet or a large plate. Do not skip this! Letting them cool completely allows the sugar and butter to harden into a crisp shell. If you eat them warm, they might feel a bit oily; once cooled, they are pure crunch.
6. **Tips for Success:** Don't Walk Away: Butter and sugar can go from "perfectly toasted" to "burnt" in about 20 seconds. Stay at the stove and keep those Cheerios moving!

7. Use a : Large Skillet: You want as much surface area as possible so the cereal toasts evenly rather than steaming in a pile.
8. The "Re-Crisp" Trick: If you live in a humid climate and the cereal gets a bit soft the next day, just toss them back into a dry skillet for 60 seconds.
9. Serving Suggestions and Pairings: These are wonderful on their own, but they also make a stellar topping!
10. Yogurt : Parfait: Sprinkle these over Greek yogurt with fresh berries.
11. Ice : Cream Topper: Try them over vanilla bean ice cream for a "cereal milk" dessert vibe.
12. Drink : Pairings: On a hot day, enjoy these alongside a glass of refreshing blueberry lemonade. If you're feeling more indulgent, they pair surprisingly well with a scoop of edible cookie dough.
13. Nutritional Information (Per Serving): Estimate based on 1/2 cup serving size
14. Calories: 165 kcal
15. Fat: 9g
16. Carbohydrates: 20g
17. Fiber: 2g
18. Sugar: 8g
19. Protein: 2g
20. Storage and Leftover Tips: Store your Cinnamon Sugar Toasted Cheerios in an airtight container at room temperature. They will stay perfectly crunchy for up to 5 days. If you're prepping these for school lunches, portion them into small reusable silicone bags. Avoid storing them in the refrigerator, as the moisture will make the sugar coating sticky.
21. More Recipes You Will Love: If you enjoyed this quick and sweet treat, you'll definitely want to try these other ChefManiac favorites:
22. No-Bake : Monster Cookie Energy Balls
23. Easy : Pumpkin Spice Muffins
24. 3-Ingredient Breakfast Cookies
25. Final Thoughts: This is one of those "back pocket" recipes that saves the day when you need a quick treat for the kids or a crunchy topping for your morning bowl. It's nostalgic, simple, and far better than anything you'll find in a pre-packaged bag.

SWAPS & NOTES

The Butter: If you only have unsalted butter, increase the added salt to 1/2 tsp.

For a vegan-friendly version, a high-quality plant-based butter stick works well.

Spice it Up: If it's autumn, swap the cinnamon for pumpkin pie spice.

It pairs beautifully with these easy pumpkin spice muffins.

TIPS FOR SUCCESS

Don't Walk Away: Butter and sugar can go from "perfectly toasted" to "burnt" in about 20 seconds.

Stay at the stove and keep those Cheerios moving!

Use a Large Skillet: You want as much surface area as possible so the cereal toasts evenly rather than steaming in a pile.

The "Re-Crisp" Trick: If you live in a humid climate and the cereal gets a bit soft the next day, just toss them back into a dry skillet for 60 seconds.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cinnamon-sugar-toasted-cheerios-the-10-minute-crunchy-snack-hack/>