Reindeer Chow for kids

Snacks · ages 5 to 11 (grades K–5th) · about 15 minutes, plus 10 minutes waiting · serves 8

Let's make a snowy snack mix fit for a hungry reindeer: red noses and pretzel antlers! Steps marked Grown-up step are for a grown-up to do.

Ingredients

- 6 cups crispy rice cereal
- 1½ cups white chocolate chips
- 1 tablespoon oil
- ½ cup powdered sugar
- 1 cup red and green candies
- 1 cup pretzels

Tools

A mixing bowl, Measuring cups, Measuring spoons, The microwave (grown-up), A flat spatula.

Steps

1. Wash your hands with soap for twenty seconds.
2. Pour 6 cups of crispy rice cereal into your biggest bowl.
3. In a second bowl, put 1½ cups of white chocolate chips and 1 tablespoon of oil.
4. Grown-up step: A grown-up microwaves it 30 seconds at a time, stirring each time, till smooth.
5. Grown-up step: A grown-up pours the melted white chocolate over the cereal.
6. Fold gently till every piece is coated white.
7. Sprinkle on ½ cup of powdered sugar and fold till it looks snowy.
8. Stir in 1 cup of red and green candies: red noses and green leaves!
9. Mix in 1 cup of pretzels: they look just like antlers!
10. Fill a bowl and munch like a reindeer at a snow party.

Safety notes

- Hot! A grown-up does this part.
- Contains milk, wheat, soy. Swap an ingredient for an allergy where the recipe lists a swap.
- Hard or chewy candy is a choking risk for little ones under 4: leave it off for them.
- Read the label on packets for allergies.
- A bit messy.
- Sticky fingers.

Kitchen science

White chocolate is mostly cocoa butter and sugar, so it scorches easily: short bursts of warmth melt it gently, and it sets into a smooth, snowy coat as it cools.

Make it your own

- Use dried cranberries and mini marshmallows instead of the candies.
- Drizzle melted dark chocolate over the top once it's set.
- Pack it in little bags and tie on a tag for a friend.

Questions about reindeer chow

What is reindeer chow? Reindeer chow is a Christmas snack mix: crispy cereal coated in white chocolate and powdered sugar, mixed with red and green candies and pretzels. It's the holiday cousin of puppy chow, also called muddy buddies.

Is reindeer chow the same as reindeer food? Not quite. Reindeer chow is cereal coated in white chocolate. Reindeer food on our site is a simple no-cook snack mix of cereal, pretzels, marshmallows and dried fruit that kids pour into little bags.

How do I stop white chocolate from burning in the microwave? Heat it in 30-second bursts and stir between each one. White chocolate scorches faster than dark, so stop while a few chips are still lumpy and stir until they melt in the warm bowl. A grown-up does the microwave step.

Can I make it ahead? Yes. Keep it in a sealed container at room temperature for up to a week. Add the candies shortly before serving if you want them bright.

Free at peabody.kids/kitchen/reindeer-chow