



Lucky Charms

SAINT
Patrick's
DAY

RECIPES

**DRIVE EXCITEMENT WITH ST PATRICK'S DAY-INSPIRED
ITEMS, RECIPES AND ENGAGEMENT TIPS.**

We all love holidays – but it's up to you to turn that interest into engagement and sales in your dining hall. Start by stocking up on Lucky Charms®.

Already an iconic cereal, this offering is sure to drive excitement. Keep that momentum going by serving up the creative St. Patrick's Day recipes found in this guide.

And finally, check out our quick tips and ideas for holiday-driven engagement in your operation.



TABLE OF
CONTENTS

LUCKY CHARMS® LEPRECHAUN NUGGETS..... 4

LUCKY CHARMS® CEREAL BARS..... 5

REUBEN SMACKERS..... 7

CHOCOLATE GUINNESS™ CUPCAKES..... 9

IRISH SODA BREAD 11

LEPRECHAUN IN MAUI SMOOTHIE 12

ENGAGEMENT TIPS..... 13



63 - 1 PC. SERVINGS 

LUCKY CHARMS® LEPRECHAUN NUGGETS

Snackable bites of colorful cereal and mini marshmallows, it's like a pot 'o gold!

INGREDIENTS

NAME	WEIGHT	MEASURE
Lucky Charms™ Bulkpack Cereal (11998)	9 oz	7 1/2 cups
White couverture chocolate discs	1 lb	3 cups

INSTRUCTIONS

1. Add cereal to large mixing bowl.
2. Add white couverture chocolate to microwave-safe bowl; microwave on high, stirring every 30 seconds and repeat until fully melted.
3. Pour melted chocolate over cereal and stir to fully coat; use #40 scoop to place clusters onto parchment-lined full sheet pan.
4. Allow pieces to fully set before serving or packaging.

NUTRITION INFORMATION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 piece
 Calories 60 (Calories from Fat 20);
 Total Fat 2.5g (Saturated Fat 2g, Trans Fat 0g);
 Cholesterol 0mg; Sodium 35mg; Total Carbohydrate 8g (Dietary Fiber 0g, Sugars 2g);
 Protein 0g
% Daily Value: Vitamin A 0%;
 Vitamin C 0%; Calcium 0%;
 Iron 4%;
Exchanges: 1/2 Other Carbohydrate, 1/2 Fat
Carbohydrate Choices: 0.5



64 - 2X3-INCH BARS 

LUCKY CHARMS® CEREAL BARS

Colorful cereal and mini marshmallows make a chewy snack bar even more fun!

INGREDIENTS

NAME	WEIGHT	MEASURE
Lucky Charms™ Bulkpack Cereal (11998)	2 lb 3 oz	1 bag
Butter, unsalted	1 lb	2 cups
Marshmallows, miniature	3 lb	6 quarts + 3 cups

INSTRUCTIONS

1. Spray large bowl with cooking spray; add cereal and set aside.
2. Heat butter and marshmallows in heavy-bottom, large sauce pan over medium heat; stir constantly until marshmallows have melted and mixture is smooth.
3. Remove from heat; pour mixture into bowl with cereal.
4. Mix well to coat; quickly transfer to greased full sheet pan.
5. Press firmly; if needed top with parchment paper and use rolling pin to assist.
6. Cool at room temperature approx. 1 hour before portioning.

NUTRITION INFORMATION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 - 2x3-inch bar
 Calories:180; Calories from Fat:60; Total Fat:6g;
 Saturated Fat:4g; Trans Fat:0g; Cholesterol:15mg;
 Sodium:170mg; Total Carbohydrate:30g; Dietary Fiber:0g; Sugars:18g;
 Protein:2g;

% Daily Value*:
 Vitamin A:10%; Vitamin C:2%;
 Calcium:6%; Iron:15%;

Exchanges:
 1/2 Starch; 0 Fruit; 1 1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1 Fat;

Carbohydrate Choices:
 2 *Percent Daily Values are based on a 2,000 calorie diet.



REUBEN SMACKERS

Classic reuben sandwich fixin's (chopped corn beef, Swiss cheese and sauerkraut) are frozen in bite-size balls, then dipped in batter and deep-fried.

INGREDIENTS

NAME	WEIGHT	MEASURE
Sauerkraut, drained	1 lb 4 oz	4 cups
Cheese, Swiss, shredded	1 lb 8 oz	6 cups
Corned beef, deli thin, chopped	2 lb	8 cups
Gold Medal™ Biscuit Mix (11412)	5 lb	1 box
Water, cold (50°F)	3 lb 8 oz	7 cups
Thousand Island Dressing	1 lb 14 oz	3 cups

INSTRUCTIONS

1. Combine sauerkraut, cheese and beef in a medium microwaveable bowl and stir until well blended
2. Place in microwave to warm ingredients until cheese begins to melt slightly. Stopping to stir ingredients occasionally; approximately 4 minutes total.
3. Deposit Reuben mixture using a #70 scoop onto parchment lined full sheet pans.
4. Place in freezer for approximately 24 hours or overnight until completely frozen.
5. Prepare biscuit mix according to package directions using increased amount of water as noted in this recipe.
6. Remove Reuben balls from freezer and place small batches into biscuit mix gently dipping to coat.
7. Place small batches of battered Reuben balls into a preheated deep fryer turning once halfway through frying for even browning.

FRY

Deep Fryer 350°F 2 ½ - 3 minutes

1. Allow to drain and serve immediately
2. Serve with Thousand Island dressing for dipping.

NUTRITION INFORMATION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 smacker

Calories:150; Calories from Fat:80; Total Fat:9g; Saturated Fat:3g; Trans Fat:0g; Cholesterol:10mg; Sodium:420mg; Total Carbohydrate:12g; Dietary Fiber:0g; Sugars:2g; Protein:4g;

% Daily Value*:

Vitamin A:0%; Vitamin C:0%; Calcium:6%; Iron:4%;

Exchanges:

1/2 Starch; 0 Fruit; 1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 1/2 High-Fat Meat; 1 Fat;

Carbohydrate Choices:

1 *Percent Daily Values are based on a 2,000 calorie diet.

CHOCOLATE GUINNESS™ CUPCAKES

In a tasty marriage of food and drink, beer and chocolate combine in a distinctive cupcake with cream cheese icing.

INGREDIENTS

NAME	WEIGHT	MEASURE
Cupcake Batter		
Guinness Stout, cool	2 lb	4 cups
Water, cool (approximately 72°F)	1 lb 8 oz	3 cups
Gold Medal™ Devil's Food Cake Mix 5 lb (11112)	5 lb	1 box
Ginger Cream Cheese Icing		
Cream cheese, softened	3 lb	6 cups
Gold Medal™ Ready-to-spread Vanilla Crème Icing (11216)	3 lb	4 3/4 cups
Ginger, ground	1 Tbsp	
Vanilla extract	1 Tbsp	
Finishing		
Cocoa powder	1.5 oz	1/2 cup

INSTRUCTIONS

CUPCAKE BATTER

1. Prepare batter according to box directions using the Guinness for part of the water amount.
2. Deposit using a #16 scoop of batter into paper lined or greased standard muffin pans.

BAKE

Convection Oven*	300°F	16-20 minutes
Standard Oven	325°F	22-26 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 8 minutes of baking.

GINGER CREAM CHEESE ICING

1. Place cream cheese in a mixer bowl with a paddle attachment.
2. Mix on medium speed for 2 minutes. Stop mixer. Scrape bowl and paddle.
3. Add remaining ingredients and mix on low speed for 1 minute.
4. Stop mixer, and scrape bowl. Mix 1 minute more.

FINISHING

1. Load a pastry bag fitted with a straight tip.
2. Pipe 1 oz of icing onto cooled cupcakes.
3. Lightly dust with cocoa powder.

NUTRITION INFORMATION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 cupcake
Calories:230; Calories from Fat:100; Total Fat:11g; Saturated Fat:6g; Trans Fat:0g; Cholesterol:20mg; Sodium:280mg; Total Carbohydrate:29g; Dietary Fiber:1g; Sugars:21g; Protein:3g;

% Daily Value*:

Vitamin A:4%; Vitamin C:0%; Calcium:4%; Iron:6%;

Exchanges:

1/2 Starch; 0 Fruit; 1 1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 2 Fat;

Carbohydrate Choices:

2 *Percent Daily Values are based on a 2,000 calorie diet.





IRISH SODA BREAD

Traditional Irish soda bread, with buttermilk and raisins, starts with a biscuit mix.

INGREDIENTS

NAME	WEIGHT	MEASURE
Raisins	11 oz	2 cups
Buttermilk	3 lb 8 oz	6 cup
Gold Medal™ Buttermilk Biscuit Mix (11765)	5 lb	1 box
Gold Medal™ All-Purpose Flour (14323)	1 lb	4 cups
Baking Soda	2 tsp	
Seed, caraway	2 Tbsp	
Flour for sprinkling		
Gold Medal™ All-purpose flour	8 oz	2 cups

INSTRUCTIONS

PLUMP RAISINS

1. Place raisins in small saucepan, and cover with water.
2. Heat to boiling over medium heat.
3. Remove from heat, and allow to sit 2 minutes.
4. Drain raisins in colander, and set aside to cool.

DOUGH

1. Pour buttermilk into mixer bowl. Add biscuit mix, 4 cups flour and soda.
2. Mix on low speed using paddle attachment 2 minutes. Scrape bowl and paddle.
3. Add raisins and caraway seed. Mix on low speed 2 additional minutes.
4. Divide dough into (14) 12-oz loaves.
5. Round loaves on floured surface, then place 7 loaves on each of 2 parchment-lined full sheet pans.
6. Sprinkle each loaf with flour.
7. Score an X in top of each loaf 1/2" deep with sharp knife, and bake.

BAKE

Convection Oven*	325°F	22-26 minutes
Standard Oven	350°F	26-30 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 12 minutes of baking.

NUTRITION INFORMATION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 Slice
Calories:170; **Calories from Fat:**50; **Total Fat:**5g; **Saturated Fat:**4 1/2g; **Trans Fat:**0g; **Cholesterol:**0mg; **Sodium:**330mg; **Total Carbohydrate:**26g; **Dietary Fiber:**0g; **Sugars:**4g; **Protein:**4g;

% Daily Value*:

Vitamin A:0%; Vitamin C:0%; Calcium:6%; Iron:8%;

Exchanges:

1 1/2 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1 Fat;

Carbohydrate Choices:

2 *Percent Daily Values are based on a 2,000 calorie diet.



LEPRECHAUN IN MAUI SMOOTHIES

Fresh spinach provides a boost in vitamin A in a smoothie that's absolutely delicious and gorgeously green!

INGREDIENTS

NAME	WEIGHT	MEASURE
Pineapple, chunks*, canned, drained*	3 lb	6 cups
Spinach, fresh	1 lb	1 gal
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	1 Bag

INSTRUCTIONS

1. Chill drained pineapple several hours or overnight under refrigeration.
2. Place fruit, spinach and yogurt in large capacity blender (or prepare in batches).
3. Blend on high speed 1 minute. Stop blender; stir ingredients with spatula. Continue to blend until smooth.
4. Portion into serving cups, and cover.
5. Serve chilled. Smoothies may be refrigerated overnight.

Tips: Serve for St. Patrick's Day. Garnish with additional chunk of pineapple, if desired.

NUTRITION INFORMATION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 8 oz serving
 Calories:160; Calories from Fat:10; Total Fat:1g; Saturated Fat:1/2g; Trans Fat:0g;
 Cholesterol:0mg;
 Sodium:75mg;
 Total Carbohydrate:34g;
 Dietary Fiber:1g; Sugars:27g;
 Protein:4g;

% Daily Value*:

Vitamin A:60%; Vitamin C:25%; Calcium:15%; Iron:6%;

Exchanges:

0 Starch; 1/2 Fruit; 1 1/2 Other Carbohydrate; 1/2 Skim Milk; 0 Low-Fat Milk; 0 Milk;
 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 0 Fat;

Carbohydrate Choices:

2 *Percent Daily Values are based on a 2,000 calorie diet.

ENGAGEMENT TIPS

✿ TIP 1

Decorate desserts with Lucky Charms® cereal.

✿ TIP 2

Fill a jar with Lucky Charms® cereal and have people guess how many are in the jar

✿ TIP 3

Selfie time! Ask everyone to take selfies eating your St. Patrick's Day inspired recipes and post the photo on social media to win prizes.

