



Whole Grain Cereal Treats

Servings 24 | Prep time 15 mins. | Total time 15 mins.

Equipment: 9x13-inch baking dish, Large microwave-safe bowl

Utensils: Fork or spoon for stirring, Spatula, Measuring cups and spoons

Ingredients

Non-stick spray

3 tablespoons butter OR margarine

4 cups miniature marshmallows (about 1 10 ounce package)

6 cups whole grain cereal (oat circles, rice puffs, oat checkers, corn flakes, wheat flakes, etc.)

1 cup dried fruit (banana chips, reduced sugar dried cranberries, mixed dried berries, etc.)

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Prepare a 9x13-inch baking sheet by spraying with non-stick spray.
3. In a large microwave-safe bowl, heat butter or margarine and marshmallows on high in the microwave for 2 minutes. Stir the mixture and microwave for 1 more minute.
4. Stir again until smooth. Add cereal and dried fruit and stir until well coated.
5. Press mixture into prepared baking dish with a spatula. Leave on sheet and allow to cool for at least 10-15 minutes. Cut into 2-inch squares when cool.

Nutritional Information:

Calories 210

Total Fat 2g

Sodium 135mg

Total Carbs 45g

Protein 6g