



February 20- Whole Grain Cereal Treats

Not Smart Snack

Link: <http://www.extension.iastate.edu/foodsavings/recipes/whole-grain-cereal-treats>

Recipe

Ingredients:

- 3 Tablespoons margarine or butter
- 4 cups miniature marshmallows
- 6 cups whole-grain cereal (Cheerios, Whet Chex)
- Nonstick cooking spray

Directions:

1. Heat margarine and marshmallows on high in the microwave for 3 minutes, stirring after 2 minutes.
2. Stir again until smooth.
3. Add cereal and stir until well coated.
4. Press mixture into 9" x 13" pan coated with cooking spray using a buttered spatula or waxed paper. Cut into 2" squares when cool.

Yields 24 servings

Nutrition Facts	
Serving Size 1 bar (16.77g)	
Servings Per Container 24	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 45mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber <1g	3%
Sugars 5g	
Protein 1g	2%
Vitamin A 6%	Vitamin C 2%
Calcium 4%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.	