



October 18- Cranapple Krispie Treats

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2415661>

Recipe

Ingredients:

- 6 cups Rice Krispie cereal
- 10.5-ounce bag marshmallows
- 3 Tablespoon butter
- ½ cup Craisins
- ½ cup dried apples
- ½ cup raisins

Directions:

1. Chop Craisins and apples into small pieces.
2. Melt butter and marshmallows over medium heat, stirring continuously.
3. Add cereal and dried fruit; mix well.
4. Press into greased 9" x 13" pan.

Yield 20 servings

Nutrition Facts

Serving Size 1 bar (31.96g)
Servings Per Container 20

Amount Per Serving

Calories 120 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol <5mg **2%**

Sodium 70mg **3%**

Total Carbohydrate 25g **8%**

Dietary Fiber 0g **2%**

Sugars 14g

Protein 1g **2%**

Vitamin A 8% • Vitamin C 6%

Calcium 0% • Iron 10%

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