



## 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.