




Whole Grain Cereal Treats



Category: Grain/Bread

HACCP Process: 1- No Cook

Smart Snack: Meets Criteria

Ingredients	For 12 Servings		Directions
	Weight	Measure	
Nonstick cooking spray Butter Vegetable oil Miniature marshmallows Cheerios™ 	10 oz.	2 T. 1 T. 6 cups	<ol style="list-style-type: none"> 1. Heat butter, oil, and marshmallows in the microwave for 1 minutes. 2. Stir until smooth. 3. Add cereal and stir until well coated. 4. Press mixture into 9 x 13 inch pan coated with cooking spray using wax paper or a spatula coated in cooking spray. 5. Cool and cut into 12 squares.

Serving Size: 1 bar (40g) Yield: 12 Servings *Crediting in School Meals: ½ oz. grain equivalent*

Nutrition Analysis: Serving Size: 1 bar

Calories: 160	Calories from Fat: 36	Total Fat: 4g	Saturated Fat: 1.6g	Trans Fat: 0g
Cholesterol: 5mg	Sodium: 110mg	Total Carbohydrate: 30g	Dietary Fiber: 1g	Sugars: 13g
Protein: 2g	Vitamin A: %	Vitamin C: 3mg	Calcium: 62mg	Iron: 5mg

Adapted from Iowa State University Extension and Outreach – Spend Smart. Eat Smart. <http://www.extension.iastate.edu/foodsavings/>