




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

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/>