



Cereal-and-Granola "Apples"

READY IN



25 min.

SERVINGS



8

CALORIES



807 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 3 cups rice cereal crisp
- ☐ 4 cups cereal
- ☐ 10 oz regular marshmallows
- ☐ 32 inch pretzel rods
- ☐ 12 oz semisweet chocolate morsels
- ☐ 8 servings orange decorator sugar crystals

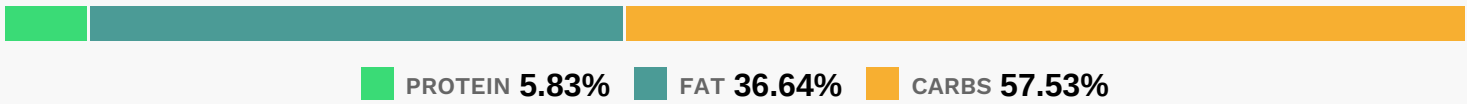
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Microwave butter and marshmallows in a lightly greased large microwave-safe bowl at HIGH 3 minutes, stirring after 2 minutes. Stir until smooth.
- ☐ Stir in cereal and granola, in batches, until well coated.
- ☐ Coat hands with cooking spray. Shape warm mixture into 8 (4-inch) balls (about 1 cup each), lightly greasing hands as needed.
- ☐ Place balls on wax paper. Press 1 pretzel rod half, broken end down, into top of each ball.
- ☐ Let cool completely (about 30 minutes).
- ☐ Microwave chocolate morsels in a microwave-safe bowl at HIGH 2 minutes, stirring after 1 minute. Stir until smooth.
- ☐ Let stand, stirring occasionally, 5 minutes.
- ☐ Drizzle chocolate over balls; sprinkle with sugar.
- ☐ To make ahead: Wrap in plastic wrap, and store at room temperature for up to 2 days.
- ☐ Crisp Rice Cereal "Apples": Omit granola, and increase crisp rice cereal to 7 cups. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:32.95, Glycemic Load:32.28, Inflammation Score:-6, Nutrition Score:18.346956661214%

Nutrients (% of daily need)

Calories: 806.66kcal (40.33%), Fat: 33.51g (51.55%), Saturated Fat: 14.45g (90.32%), Carbohydrates: 118.36g (39.45%), Net Carbohydrates: 111.31g (40.48%), Sugar: 60.68g (67.43%), Cholesterol: 17.8mg (5.93%), Sodium: 224.8mg (9.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 11.99g (23.97%), Manganese: 2.3mg (114.82%), Copper: 0.78mg (38.77%), Magnesium: 136.25mg (34.06%), Iron: 6.1mg (33.86%),

Phosphorus: 315.71mg (31.57%), Fiber: 7.05g (28.21%), Selenium: 16.05µg (22.93%), Vitamin E: 2.82mg (18.79%),
Vitamin B1: 0.28mg (18.49%), Zinc: 2.55mg (17.01%), Potassium: 512.28mg (14.64%), Folate: 50.48µg (12.62%),
Vitamin B2: 0.19mg (11.06%), Vitamin B3: 1.75mg (8.74%), Calcium: 85.08mg (8.51%), Vitamin K: 6.53µg (6.22%),
Vitamin B5: 0.52mg (5.19%), Vitamin B6: 0.1mg (4.82%), Vitamin A: 198.54IU (3.97%), Vitamin B12: 0.13µg (2.19%)