



Cheerios® Christmas Trees



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



18

CALORIES



422 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 tablespoons butter
- ☐ 18 servings cinnamon red sliced
- ☐ 18 servings purple gel food coloring green
- ☐ 6 cups honey
- ☐ 4.5 cups marshmallows miniature

Equipment

- ☐ bowl
- ☐ baking sheet

☐ sauce pan

Directions

- ☐ Line a cookie sheet with waxed paper.
- ☐ Pour the cereal into a 4-quart bowl. Set the bowl aside.
- ☐ Place the butter and marshmallows in a 3-quart saucepan.
- ☐ Heat over low heat, stirring constantly, until the mixture is smooth.
- ☐ Remove the saucepan from the heat.
- ☐ Stir in the food color until the mixture is evenly colored.
- ☐ Pour the marshmallow mixture over the cereal and stir until the cereal is evenly coated.
- ☐ Lightly spray your hands with cooking spray. For each tree, shape about 1/4 cup of the cereal mixture into a Christmas tree shape on the cookie sheet.
- ☐ Press the candies into the trees to decorate. Refrigerate until firm, about 1 hour. Store the trees in a loosely covered container.

Nutrition Facts



Properties

Glycemic Index:6.54, Glycemic Load:54.72, Inflammation Score:-1, Nutrition Score:2.4804348074224%

Nutrients (% of daily need)

Calories: 421.76kcal (21.09%), Fat: 3.81g (5.86%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 104.93g (34.98%), Net Carbohydrates: 103.63g (37.68%), Sugar: 100.02g (111.13%), Cholesterol: 0mg (0%), Sodium: 58.73mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.37%), Manganese: 0.44mg (22.04%), Fiber: 1.3g (5.2%), Iron: 0.67mg (3.72%), Vitamin A: 172.83IU (3.46%), Copper: 0.06mg (2.98%), Calcium: 28.59mg (2.86%), Vitamin B2: 0.05mg (2.68%), Potassium: 69.96mg (2%), Zinc: 0.29mg (1.93%), Selenium: 1.18µg (1.68%), Vitamin B6: 0.03mg (1.55%), Vitamin E: 0.19mg (1.27%)