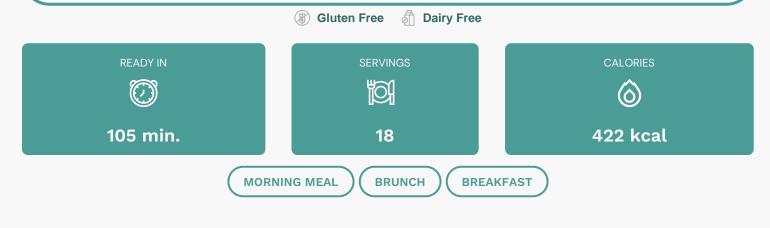


Cheerios® Christmas Trees



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 cerea 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		
PROTEIN 0.6% FAT 7.5% CARBS 91.9%		
Properties		

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: Omg (0%), Sodium: 58.73mg (2.55%), Alcohol: Og (100%), Alcohol %: O% (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%)