

Cheerios® Tarts with Yogurt and Berries

15 January 2025

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	15 min	15 min	24	\$0.11	36 kcal



Looking for a delightful and easy-to-make treat that will impress your friends and family? Look no further than these Cheerios® Tarts with Yogurt and Berries! Perfect for any occasion, these mini tarts are not only visually appealing but also packed with flavor and nutrition. With just 30 minutes of...

Ingredients

- ☐ 12 fresh blackberries
- ☐ 2¼ cups cereal
- ☐ 2 cups miniature marshmallows
- ☐ 6 oz container Yoplait® Original 99% Fat Free French vanilla yogurt
- ☐ 2 teaspoons butter
- ☐ ½ teaspoon ground cinnamon
- ☐ 12 fresh raspberries

EQUIPMENT Sauce pan, Muffin liners

Method

- 1 Spray 24 mini muffin cups with cooking spray. In large saucepan, heat marshmallows, butter and cinnamon over medium-low heat about 2 minutes, stirring constantly, until marshmallows are melted.
- 2 Remove from heat.
- 3 Add cereal; stir until well coated.
- 4 Spoon about 1 tablespoon cereal mixture into each muffin cup; press in bottoms and up sides of cups.
- 5 Let stand until set.
- 6 Just before serving, remove tarts from muffin cups. Top each with a small spoonful of yogurt and 1 berry.

Nutrition per serving

36	1 g	1 g	8 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.3 g · 2% of daily needs
Fibre			0.8 g · 3% of daily needs
Sugar			4.2 g · 5% of daily needs
Sodium			31 mg · 1% of daily needs
Cholesterol			1.3 mg · 0% of daily needs

Adapted from Betty Crocker. Find this recipe, ratings and more ideas at [whatsheate.com/cheerios-tarts-with-yogurt-and-berries-23093](https://www.whatsheate.com/cheerios-tarts-with-yogurt-and-berries-23093)