



Coconut-Granola Rice Cereal Pops

READY IN



25 min.

SERVINGS



100

CALORIES



54 kcal

Ingredients

- ☐ 4 tablespoons butter
- ☐ 4 cups rice cereal crisp
- ☐ 3 cups cereal crushed
- ☐ 1 teaspoon ground cinnamon
- ☐ 10 ounce marshmallows miniature
- ☐ 8 ounces bittersweet chocolate dark sweet melted
- ☐ 2 cups coconut sweetened flaked
- ☐ 1 teaspoon vanilla extract

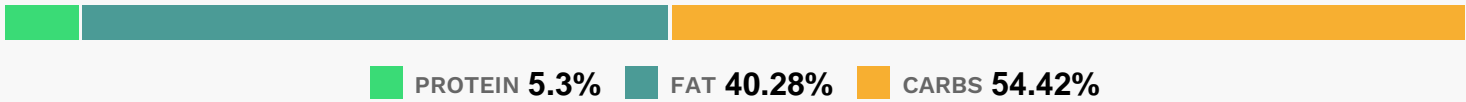
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ pot
- ☐ baking pan
- ☐ wax paper

Directions

- ☐ Melt butter in an 8-quart soup pot over low heat.
- ☐ Add marshmallows, and cook, stirring constantly, 5 minutes or until smooth. Stir in vanilla.
- ☐ Combine cereals, coconut, and cinnamon in a large bowl.
- ☐ Pour into marshmallow mixture and stir, blending well. Press mixture into a buttered or wax paper-lined 13- x 9-inch baking dish. Cool completely until firm, or place in freezer 15 minutes until firm.
- ☐ Cut into 48 squares. Insert stick into each square, and dip in melted chocolate.
- ☐ Place on wax paper-lined baking sheet to cool completely.

Nutrition Facts



Properties

Glycemic Index:1.15, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:1.2056521634855%

Nutrients (% of daily need)

Calories: 54.03kcal (2.7%), Fat: 2.47g (3.8%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 6.95g (2.53%), Sugar: 3.84g (4.27%), Cholesterol: 1.34mg (0.45%), Sodium: 12.19mg (0.53%), Alcohol: 0.01g (100%), Alcohol %: 0.15% (100%), Protein: 0.73g (1.46%), Manganese: 0.15mg (7.41%), Copper: 0.05mg (2.43%), Fiber: 0.56g (2.26%), Magnesium: 8.5mg (2.12%), Iron: 0.36mg (1.99%), Phosphorus: 19.61mg (1.96%), Selenium: 1.23µg (1.76%), Vitamin E: 0.17mg (1.12%), Vitamin B1: 0.02mg (1.05%), Zinc: 0.16mg (1.04%)