

STARTER & SNACK

Crispy Trail Mix Bars

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
9 min	5 min	4 min	18	\$0.33	156 kcal

Crispy Trail Mix Bars is a dairy free hor d'oeuvre. This recipe serves 18. For 33 cents per serving, this recipe covers 6% of your daily requirements of vitamins and minerals. One portion of this dish contains about 3g of protein, 4g of fat, and a total of 156 calories.

Ingredients

- ☐ 1/3 cup miniature candy-coated chocolate pieces
- ☐ 2 cups sweetened toasted oat cereal with crushed nuts and honey
- ☐ 4 cups oven-toasted rice cereal
- ☐ 1/3 cup chopped dry-roasted peanuts
- ☐ 3 tablespoons honey
- ☐ 10½ ounce package miniature marshmallows
- ☐ ¼ cup reduced-fat peanut butter
- ☐ 1/3 cup raisins

EQUIPMENT Frying pan, Sauce pan, Wire rack, Baking pan, Aluminum foil

Method

- 1

Line a 13 x 9-inch baking pan with foil; coat foil with cooking spray. Set aside.
- 2

Melt peanut butter in a large saucepan over medium heat.
- 3

Add honey; stir well.
- 4

Add marshmallows; cook until marshmallows melt, stirring constantly.
- 5

Remove from heat; stir in cereals and remaining ingredients.

- 6 Press cereal mixture in bottom of prepared pan. Cool 1 hour in pan on a wire rack.

Nutrition per serving

156	3 g	4 g	30 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.1 g · 7% of daily needs
Fibre			1.1 g · 4% of daily needs
Sugar			15.7 g · 17% of daily needs
Sodium			108 mg · 5% of daily needs
Cholesterol			0.6 mg · 0% of daily needs
Vitamin C			2 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/crispy-trail-mix-bars-147695