



## Easy Trail Mix Cereal Bars

 Dairy Free

READY IN



75 min.

SERVINGS



20

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 6 cups bran flake cereal with peaches, raisins and almonds, crushed
- 2 Tbsp butter
- 4 cups marshmallows jet-puffed miniature
- 0.5 cup peanut butter

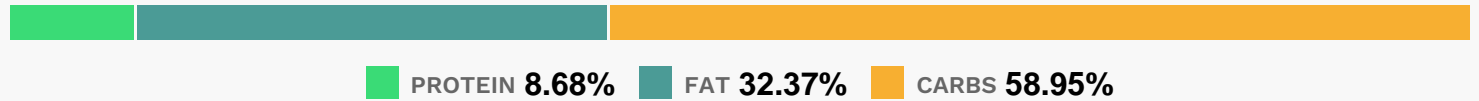
### Equipment

- bowl
- frying pan
- microwave

## Directions

- Place butter and peanut butter in large microwavable bowl. Microwave on MEDIUM (50%) 1 min.; stir.
- Add marshmallows; toss to coat. Microwave an additional 1-1/2 min. or until marshmallows are puffed; stir until well blended.
- Add cereal; mix well.
- Press cereal mixture firmly into 9-in. square pan.
- Let stand 1 hour or until firm.
- Cut into 20 bars to serve.

## Nutrition Facts



## Properties

Glycemic Index:7.34, Glycemic Load:10.46, Inflammation Score:-6, Nutrition Score:8.3426087887391%

## Nutrients (% of daily need)

Calories: 119.73kcal (5.99%), Fat: 4.7g (7.22%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 16.73g (6.08%), Sugar: 8.67g (9.63%), Cholesterol: 0mg (0%), Sodium: 113.67mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Manganese: 0.52mg (26.18%), Folate: 85.7µg (21.43%), Iron: 3.49mg (19.41%), Vitamin B3: 2.87mg (14.35%), Vitamin B6: 0.23mg (11.65%), Vitamin B1: 0.17mg (11.01%), Vitamin B2: 0.18mg (10.64%), Fiber: 2.52g (10.06%), Vitamin B12: 0.6µg (10.02%), Magnesium: 38.62mg (9.66%), Selenium: 6.73µg (9.62%), Phosphorus: 76.87mg (7.69%), Vitamin A: 350.08IU (7%), Zinc: 0.77mg (5.12%), Copper: 0.1mg (4.84%), Vitamin E: 0.72mg (4.82%), Potassium: 101.43mg (2.9%), Vitamin D: 0.4µg (2.64%), Vitamin B5: 0.17mg (1.74%)