



Holiday Cereal Bears

 Dairy Free

READY IN



60 min.

SERVINGS



7

CALORIES



347 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter
- 10 oz marshmallows
- 6 cups corn flakes/bran flakes
- 1 tablespoon chocolate chips
- 7 small candy hearts
- 7 bacon bits red miniature
- 14 bacon bits blue miniature
- 21 bacon bits green miniature

- 4.5 oz snack peppers red

Equipment

- bowl
- baking sheet
- plastic wrap
- cookie cutter
- microwave
- dutch oven

Directions

- Melt butter in Dutch oven over medium-low heat.
- Add marshmallows; cook until marshmallows are melted, stirring frequently. Stir in cereal until well coated. Cool 5 minutes.
- Meanwhile, line large cookie sheet with waxed paper; spray paper with nonstick cooking spray. Spray inside of 5 to 6-inch open bear cookie cutter.
- Place sprayed cookie cutter on sprayed waxed paper. Generously butter or spray hands and fingers.
- Press cereal mixture into cookie cutter, packing tightly.
- Remove cookie cutter; place in different spot on waxed paper. Continue forming bears until all mixture is used. If necessary, respray cookie cutter.
- Place chocolate chips in small microwave-safe bowl. Microwave on HIGH for 30 seconds; stir until melted and smooth. If necessary, microwave an additional 20 seconds. Attach candy heart to each bear with small amount of melted chocolate.
- With melted chocolate, attach red baking bits for noses, blue baking bits for eyes and green baking bits for buttons.
- Cut strips of chewy fruit snack rolls and tie around neck of each bear.
- Let stand 30 minutes to set. Wrap each bear in plastic wrap; tie ribbon around neck.

Nutrition Facts



■ PROTEIN **6.73%** ■ FAT **22.96%** ■ CARBS **70.31%**

Properties

Glycemic Index:23.54, Glycemic Load:35.53, Inflammation Score:-9, Nutrition Score:23.779130458832%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 347.48kcal (17.37%), Fat: 9.55g (14.69%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 65.79g (21.93%), Net Carbohydrates: 58.48g (21.27%), Sugar: 32.66g (36.29%), Cholesterol: 0mg (0%), Sodium: 400.92mg (17.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.59%), Manganese: 1.25mg (62.35%), Folate: 245.18µg (61.29%), Iron: 9.81mg (54.53%), Vitamin A: 1717.75IU (34.36%), Vitamin B1: 0.49mg (32.85%), Vitamin B6: 0.64mg (32.13%), Vitamin B3: 6.03mg (30.17%), Vitamin B12: 1.79µg (29.91%), Vitamin B2: 0.5mg (29.59%), Fiber: 7.31g (29.24%), Vitamin C: 23.46mg (28.43%), Selenium: 19.15µg (27.36%), Magnesium: 87.45mg (21.86%), Phosphorus: 176.81mg (17.68%), Zinc: 1.89mg (12.59%), Copper: 0.25mg (12.31%), Vitamin E: 1.22mg (8.12%), Vitamin D: 1.13µg (7.54%), Potassium: 241.45mg (6.9%), Vitamin B5: 0.36mg (3.64%), Calcium: 27.6mg (2.76%), Vitamin K: 1.37µg (1.31%)