



Holiday Cereal Bears

 Dairy Free

READY IN



60 min.

SERVINGS



7

CALORIES



355 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 7 m&m candies red miniature
- ☐ 14 m&m candies blue miniature
- ☐ 21 m&m candies green miniature
- ☐ 7 small candy hearts
- ☐ 6 cups corn flakes/bran flakes
- ☐ 1 tablespoon chocolate chips
- ☐ 4.5 oz fruit red

- ☐ 10 oz marshmallows

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 4.79%**  **FAT 22.08%**  **CARBS 73.13%**

Properties

Glycemic Index:18.96, Glycemic Load:35.3, Inflammation Score:-9, Nutrition Score:20.927826148012%

Nutrients (% of daily need)

Calories: 354.69kcal (17.73%), Fat: 9.36g (14.4%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 69.75g (23.25%), Net Carbohydrates: 62.98g (22.9%), Sugar: 37.7g (41.88%), Cholesterol: 0.9mg (0.3%), Sodium: 298.98mg (13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.13%), Manganese: 1.23mg (61.57%), Folate: 229.54µg (57.38%), Iron: 9.82mg (54.57%), Vitamin B1: 0.45mg (29.94%), Vitamin B6: 0.59mg (29.39%), Vitamin B3: 5.83mg (29.15%), Vitamin B12: 1.72µg (28.71%), Vitamin B2: 0.49mg (28.69%), Fiber: 6.77g (27.07%), Selenium: 18.69µg (26.7%), Vitamin A: 1215.61IU (24.31%), Magnesium: 80.48mg (20.12%), Phosphorus: 161.23mg (16.12%), Zinc: 1.75mg (11.65%), Copper: 0.22mg (11.22%), Vitamin D: 1.13µg (7.54%), Potassium: 210.52mg (6.01%), Vitamin E: 0.52mg (3.44%), Vitamin B5: 0.31mg (3.14%), Calcium: 28.13mg (2.81%), Vitamin K: 1.32µg (1.26%)