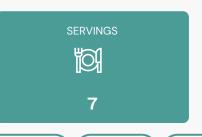
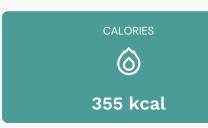


# **Holiday Cereal Bears**

**Dairy Free** 







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   |  |
| Diı       | rections   |  |
|           | 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**

#### **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 %: O% (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%)