



WHATSheATE



No-Bake Caramel Cheerios™ Bars



Gluten Free

READY IN



80 min.

SERVINGS



36

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 cups honey
- ☐ 0.3 cup m&m candies
- ☐ 2 cups marshmallows miniature
- ☐ 0.5 cup milk chocolate chips
- ☐ 1 tablespoon shortening
- ☐ 14 oz vanilla
- ☐ 3 tablespoons water

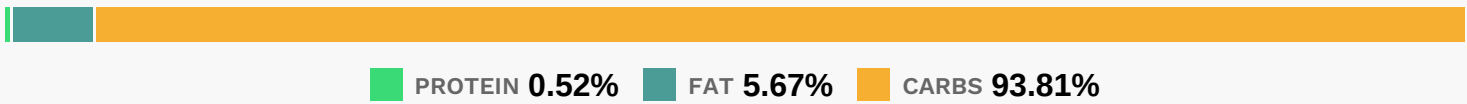
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ microwave

Directions

- ☐ Spray bottom and sides of 13x9-inch pan with cooking spray.
- ☐ Place cereal in large bowl; set aside.
- ☐ In medium microwavable bowl, microwave unwrapped caramels and water uncovered on High 2 minutes 30 seconds to 4 minutes, stirring after each minute, until mixture is smooth.
- ☐ Remove from microwave.
- ☐ Pour caramel mixture over cereal in bowl; stir until cereal is evenly coated. Gently stir in marshmallows.
- ☐ Pour cereal mixture into pan. With buttered back of spoon, press mixture in pan until even.
- ☐ In small microwavable bowl, microwave chocolate chips and shortening uncovered on High 1 to 2 minutes, stirring after each minute, until mixture is smooth.
- ☐ Drizzle chocolate over top of cereal mixture.
- ☐ Sprinkle M&M's minis chocolate candies evenly over chocolate. Refrigerate until mixture is firm and glaze is set, about 1 hour.
- ☐ With table knife, cut cereal mixture into 9 rows by 4 rows to make 36 bars. Store in loosely covered container.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:25.64, Inflammation Score:1, Nutrition Score:0.73999999123423%

Nutrients (% of daily need)

Calories: 235.24kcal (11.76%), Fat: 1.42g (2.18%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 52.8g (17.6%), Net Carbohydrates: 52.65g (19.15%), Sugar: 51.71g (57.46%), Cholesterol: 0.22mg (0.07%), Sodium: 6.53mg (0.28%),

Alcohol: 3.79g (100%), Alcohol %: 6.34% (100%), Protein: 0.3g (0.59%), Manganese: 0.07mg (3.54%), Vitamin B2: 0.03mg (1.88%), Copper: 0.03mg (1.56%), Iron: 0.27mg (1.53%), Potassium: 52.98mg (1.51%)