



Strawberry Cereal Treats

 **Gluten Free**

READY IN



40 min.

SERVINGS



24

CALORIES



339 kcal

DESSERT

Ingredients

- 1.3 cups freeze-dried strawberries crushed
- 1 tablespoon honey
- 8 cups whole-grain rice cereal crispy
- 10 ounce marshmallows mini
- 1 pinch salt
- 6 tablespoons butter unsalted
- 1 teaspoon vanilla extract

Equipment

sauce pan

spatula

Directions

Lightly coat two 12-cup muffin pans and a rubber spatula with cooking spray.

Sprinkle a few crushed freeze-dried strawberries into the bottom of each muffin cup; set aside.

Melt the butter in a large saucepan over medium heat.

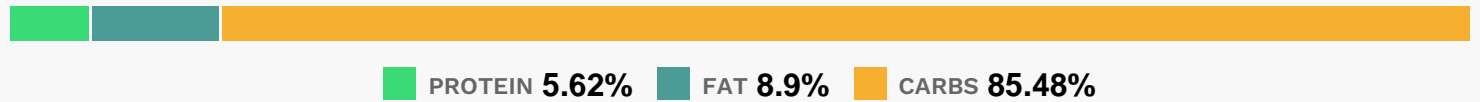
Add the honey, marshmallows, vanilla and salt; stir with the rubber spatula until completely melted.

Add the cereal and the remaining crushed freeze-dried strawberries and stir until incorporated.

Divide the mixture between the prepared muffin pans, firmly packing it in; let set, about 20 minutes. Gently pry out of the pans. Store in an airtight container up to 3 days.

Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:35.85, Inflammation Score:-5, Nutrition Score:10.086086951196%

Nutrients (% of daily need)

Calories: 338.82kcal (16.94%), Fat: 3.27g (5.03%), Saturated Fat: 1.92g (11.97%), Carbohydrates: 70.62g (23.54%), Net Carbohydrates: 68.45g (24.89%), Sugar: 15.88g (17.64%), Cholesterol: 7.53mg (2.51%), Sodium: 14.58mg (0.63%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 4.64g (9.28%), Vitamin C: 150.58mg (182.52%), Manganese: 0.67mg (33.66%), Iron: 3.24mg (17.98%), Selenium: 9.55µg (13.65%), Fiber: 2.17g (8.68%), Copper: 0.15mg (7.41%), Phosphorus: 72.75mg (7.27%), Potassium: 237.31mg (6.78%), Vitamin B5: 0.63mg (6.3%), Vitamin B6: 0.1mg (5.09%), Vitamin B3: 1mg (5%), Zinc: 0.68mg (4.55%), Magnesium: 15.76mg (3.94%), Vitamin B1: 0.04mg (2.9%), Calcium: 21.24mg (2.12%), Vitamin B2: 0.03mg (1.88%), Vitamin A: 87.46IU (1.75%), Folate: 5.17µg (1.29%)