



Strawberry Cocoa Crispy Treats

 Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



234 kcal

Ingredients

- ☐ 6 cups cocoa cereal gluten-free crispy (I used Erewhon Cocoa Brown Rice Cereal)
- ☐ 0.3 cup dairy-free margarine (such as Earth Balance; use a soy-free variety if desired)
- ☐ 10 Ounces marshmallows (Use marshmallows like Dandies if you want to keep the recipe vegan)
- ☐ 12 servings sprinkles
- ☐ 0.3 cup strawberry preserves

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl

☐ spatula

Directions

- ☐ Spray a 9 x 13-inch pan with cooking spray. Measure the cereal into a large mixing bowl. Melt the marshmallows, margarine, and jam over medium heat in a saucepan, stirring constantly until the marshmallows are just dissolved. Immediately pour into the mixing bowl with cereal and stir until it is completely and evenly coated.
- ☐ Pour the mixture into sprayed pan and flatten. I usually flatten the treats with my hands, after liberally spraying them with more cooking spray. You can also spray a spatula if you want to be more civilized, but then there isn't anything to lick off your fingers. Not that I would do that. And I know you're thinking this can't get any better, but YOU'RE WRONG. Because sprinkles make everything better. Liberally douse with sprinkles.
- ☐ Let them cool, then cut into treat-sized bars. (see option below for crispy "cupcakes")

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:14.25, Inflammation Score:-5, Nutrition Score:8.4869565186293%

Nutrients (% of daily need)

Calories: 233.51kcal (11.68%), Fat: 4.55g (7%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 48.56g (16.19%), Net Carbohydrates: 47.43g (17.25%), Sugar: 32.84g (36.49%), Cholesterol: 0mg (0%), Sodium: 153.1mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Vitamin B2: 0.29mg (17.27%), Iron: 3.1mg (17.19%), Folate: 67.62µg (16.9%), Vitamin B1: 0.25mg (16.89%), Vitamin B12: 1.01µg (16.8%), Zinc: 2.52mg (16.77%), Vitamin B6: 0.34mg (16.76%), Vitamin B3: 3.35mg (16.75%), Vitamin A: 513.17IU (10.26%), Vitamin E: 1.05mg (6.97%), Calcium: 68.73mg (6.87%), Vitamin C: 4.62mg (5.6%), Fiber: 1.13g (4.51%), Vitamin D: 0.67µg (4.44%), Phosphorus: 43.38mg (4.34%), Manganese: 0.07mg (3.56%), Vitamin K: 2.99µg (2.85%), Magnesium: 11.38mg (2.84%), Copper: 0.06mg (2.83%), Selenium: 1.71µg (2.45%), Potassium: 56.91mg (1.63%)