



## Crispy Cereal Treats

Makes 12 squares

Add a healthy 'snap, crackle and pop' to the traditional Rice Krispies Square recipe. Now each treat is rich in fiber and heart-healthy vitamin E, thanks to the addition of high-fiber cereal and sunflower seeds!

### Cooking Spray

1 Tbsp. trans fat free margarine (such as Promise Buttery Spread or Smart Balance)

1 Tbsp. Canola oil

1 (10.5- ounce) bag miniature marshmallows (about 4 cups)

1 ½ cups high-fiber cereal, such as Post 100% Bran or Trader Joe's High-Fiber Cereal

4 cups Rice Krispies cereal

½ cup roasted, shelled sunflower seeds

- Lightly oil or coat a 9 x 13- inch baking pan with nonstick cooking spray and set aside.
- Heat trans fat free margarine and oil in a large saucepan over low heat. When the margarine is melted, add the marshmallows and stir until completely melted. Remove from the heat.
- Add the cereals and sunflower seeds and stir until well coated.
- Press the mixture evenly into the baking pan using wax paper, a buttered spatula, or your buttered hands. Cool at room temperature and cut into 12 squares.

Note: Store leftovers in a plastic, airtight container.

Recipe adapted from [The Meal Makeover Recipes](#)

### **Nutritional Information (per square):**

Calories: 192

Total Carbohydrate: 37.7g

Total Fat: 5g

Dietary Fiber: 3.7g

Saturated Fat: 0.6g

Protein: 3.4g