

Peach-Cereal Bars

Snack of the Month September - 2014



Here's a peach of a bar that's great for dessert or snack time. One serving provides a super iron source for healthy blood cells.

Prep Time: 10 Min

Start to Finish: 40 Min

Makes: 12 bars

INGREDIENTS

3 tablespoons butter or margarine
1 bag (10 oz.) large marshmallows
6 cups Multi-Grain O's cereal
1 container (6 oz.) 99% Fat Free harvest peach yogurt
3/4 cup diced dried peaches

DIRECTIONS

1. Butter 8-inch square (2-quart) glass baking dish. In large microwavable bowl, microwave butter and marshmallows uncovered on High 1 minute 30 seconds, stirring after 1 minute, until smooth. Stir in cereal until coated. Press about 4 cups mixture firmly in pan. Spread yogurt over top.
2. Mix dried peaches and remaining cereal mixture (if cereal mixture has become firm, microwave uncovered on High 30 seconds to soften). Spread over top of yogurt; press firmly with dampened hands. Refrigerate until firm, about 30 minutes.
3. For bars, cut into 4 rows by 3 rows. Store covered in refrigerator.

Recipe Provides: Fats & Oils 1tsp, Grains 1/2oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Bar	Calories:	200	Calories from Fat:	35
Total Fat:	3 1/2 g	Saturated Fat:	2 g	Trans fat :	0 g
Cholesterol:	10 mg	Sodium:	150 mg	Total Carbohydrate:	41 g
Dietary Fiber:	2 g	Sugars:	22 g	Protein:	2 g



This recipe is adapted from WWW.eatbetterearly.com