



GENERAL MILLS
Nourishing Lives™

Recipes

Out of the Bowl!

Cheerios® Marshmallow Bars

Try this recipe with original Cheerios® or with Multi-Grain Cheerios® for a nutritious variation. To add more fun and colour to your menu, Fruity Cheerios® offers a great alternative!

Ingredients

- 5 tbsp butter or margarine
- 5 cups miniature marshmallows
- 6 cups Cheerios® cereal

Directions:

1. Lightly grease or spray 9" x 13" pan. Melt butter in 3-quart saucepan over low heat.
2. Add marshmallows; stir until marshmallows are melted and mixture is smooth. Remove from heat. Immediately stir in cereal and stir until coated. Press into pan; cool. Cut into bars. Store loosely covered.



PER SERVING (1 Square): 80 Cal, 2 g Fat, 1 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 65 mg Sod, 15 g Carb, 0 g Fib, 7 g Sug, 0 g Prot.



Triple-Berry Granola Crisp

A delicious choice with three favourite berries baked with a scrumptious low fat Nature Valley granola topping.

Ingredients

- 8oz frozen blueberries
- 10oz frozen strawberries
- 10oz frozen raspberries
- ¼ cup sugar
- 2 tablespoons all-purpose flour
- 1 ½ cups Nature Valley Low Fat Granola™
- Ice cream or whipped cream, if desired

Directions:

1. Heat oven to 375°F. In ungreased 8" square glass baking dish, mix frozen berries, sugar and flour until fruit is coated. Bake 20 minutes.
2. Stir fruit mixture. Sprinkle with granola.
3. Bake 15 to 20 minutes longer or until light golden brown and bubbly. Let stand 5 to 10 minutes before serving. Serve warm with ice cream.

PER SERVING: 130 Cal, 2 g Fat, 0 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 30 mg Sod, 27 g Carb, 4 g Fib, 14 g Sug, 2 g Prot.

Fibre 1® Haystacks

Ready in minutes. A variation on a timeless recipe that is so easy and so good. Everyone will enjoy this, and most won't realize it's a good source of fibre.

Ingredients

- ½ cup peanut butter
- ¾ cup butterscotch chips
- ¾ cup chocolate chips
- 1 sleeve Fibre 1® cereal

Directions:

1. Place all ingredients in a bowl and microwave for 1 minute.
2. Mix and place 24 haystacks on wax paper on a cookie sheet.



PER SERVING (1 Haystack): 120 Cal, 6 g Fat, 3 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 70 mg Sod, 16 g Carb, 5 g Fib, 3 g Prot, 7 g Sug.

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