



HONEY CEREAL SNACK BARS

PREPARATION: 10 MINUTES

COOKING: 15 MINUTES

MAKES 16 BARS

INGREDIENTS

1/2 cup unsalted butter

1/2 cup liquid honey

1 teaspoon vanilla extract

3 cups puffed rice

2 cups Corn Flakes®

1/2 cup dried cranberries

PREPARATION

- 1 Preheat oven to 350° F (conventional oven).
- 2 In a small saucepan, melt butter and honey and stir together. Bring to a boil and remove from heat. Add vanilla.
- 3 In a mixing bowl, stir together puffed rice, Corn Flakes®, and cranberries. Add the melted butter and honey and mix thoroughly.
- 4 Press cereal mixture firmly into a 9" non-stick pan.
- 5 Bake for 15 minutes.
- 6 Cut into 16 bars. Once they have cooled, cover with plastic wrap and store at room temperature.

Nutrient Analysis

PER SERVING

1 snack bar

Renal exchange:

1 Starch

Calories	125Kcal
Protein	1g
Carbohydrates	18g
Fibre	0.4g
Total Fat	6g
Saturated Fat	4g
Cholesterol	16mg
Sodium	26mg
Potassium	15mg
Phosphorus	4mg