

PREPARATION: 10 MINUTES

COOKING: 15 MINUTES

MAKES 16 BARS

HONEY CEREAL SNACK BARS

Nutrient Analysis

PER SERVING: 1 Snack Bar

RENAL EXCHANGE: 1 Starch + 1 Fat

Calories	119 Kcal	Sodium	27 mg
Protein	1 g	Potassium	18 mg
Total Carbohydrate	17 g	Phosphorus	9 mg
Fiber	0 g	Calcium	3 mg
Sugars	12 g	Iron	2 mg
Fat	6 g	Magnesium	3 mg
Saturated	4 g	Vitamin C	1 mg
Cholesterol	15 mg		

Diet Types

- CKD Non-Dialysis
 Dialysis/Diabetes
- Dialysis
 Transplant



HONEY CEREAL SNACK BARS

INGREDIENTS

½ cup unsalted butter

½ cup honey

1 teaspoon vanilla extract

3 cups puffed rice

2 cups Corn Flakes®

½ cup dried cranberries

PREPARATION

- 1 Preheat oven to 350°F.
- 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.



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