

Grab-And-Go Squares

A sweet, gooey blend of crunchy cereal and chewy dried fruit. Wrap individual squares tightly with plastic wrap, and they're ready to go! Are you?

Raisin bran cereal, coarsely crushed	6 cups	1.5 L
Chopped dried apricot	1/2 cup	125 mL
Hard margarine (or butter)	1/4 cup	60 mL
Package of miniature marshmallows	9 oz.	250 g

Combine cereal and apricot in extra-large bowl.

Melt margarine in large saucepan on medium. Add marshmallows. Heat and stir until smooth. Pour over cereal mixture. Stir until coated. Press in greased 9 x 13 inch (22 x 33 cm) pan. Chill until firm. Cuts into 15 squares.

1 square: 166 Calories; 3.6 g Total Fat (2.1 g Mono, 0.3 g Poly, 0.7 g Sat); 0 mg Cholesterol; 35 g Carbohydrate; 3 g Fibre; 2 g Protein; 186 mg Sodium

Reprinted from **4-Ingredient Recipes** © Company's Coming Publishing Limited
www.companyscoming.com