



CEREAL TREATS AFTER DARK

*Golden Hour Sesame Ginger
Midnight Cherry Dark Chocolate*

SHOPPING LIST

Makes 9 treats

Cereal Treat Base

1 (10-ounce) bag marshmallows
4.5 cups No Added Sugar cereal
3 tablespoons butter
Pinch of salt

CHOOSE YOUR FLAVOR

Golden Hour Sesame Ginger

¼ cup creamy cashew butter
1-2 tablespoons toasted sesame seeds, plus extra for topping
¼ cup finely chopped crystallized ginger
½ tsp ground cinnamon
¼ tsp turmeric powder

Midnight Cherry Dark Chocolate

¼ cup creamy almond butter
⅓ cup finely chopped dried tart cherries
⅓ cup dark chocolate chips

Optional: melted dark chocolate chips for topping

Halloween treats can be fun, sweet, and still nutritious! These crispy cereal treats put a fresh spin on a nostalgic favorite with whole-grain cereal for added fiber, a little plant-based protein from nut butter, and two delicious flavor combinations. Whether you gravitate toward the warm spices and nutty crunch of sesame ginger or a rich chocolate and tart cherry, these seasonal treats highlight that healthier choices and enjoyment can share the same plate.

DIRECTIONS

- 1 Line an 8-inch square baking pan with parchment paper.
- 2 Melt the butter in a large pot over low heat. For the Golden Sesame Ginger variation, stir in the cinnamon and turmeric and cook briefly until fragrant. Add the marshmallows and stir until melted and smooth.
- 3 Remove from the heat and stir in the cashew or almond butter, depending on your chosen flavor.
- 4 Fold in the cereal and salt, followed by the mix-ins for your chosen variation.
- 5 Transfer to the prepared pan and gently press into an even layer. Finish with extra sesame seeds or a drizzle of melted dark chocolate, as appropriate.
- 6 Let cool until set, about 30 minutes. Cut into 9 squares.

Tip: Lightly grease your hands or spatula before pressing the mixture into the pan to prevent sticking. Store in an airtight container at room temperature for up to 2 days for the best texture.

PAIRING SWEETS WITH PROTEIN & FIBER

Whole-grain cereal, like Cascadian Farm No Added Sugar cereal, provides fiber which is super satisfying and can make all the difference in a sweet treat. Pairing fiber-rich foods with foods higher in sugar may help moderate the rise in blood sugar after eating.

Nut butters, like almond and cashew butter, contribute a little plant-based protein and unsaturated fat. Protein, fat, and fiber can all influence digestion and the body's blood sugar response, making them useful nutrients to include when enjoying sweet foods.

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