

**STRONGER THAN
DUCHENNE**

Jeff
FOUNDATION

WORLD DUCHENNE AWARENESS DAY • SEPTEMBER 7

CEREAL TREATS

DESIGN YOUR
OWN RECIPE!

1. CHOOSE YOUR CEREAL

Use 7 Cups total (pick 1 or 2 types).



Crispy rice cereal
(regular or chocolate)



Cornflakes



Corn or
rice squares



Toasted oat cereal
(regular or chocolate)



Graham cereal



Chocolate puffs

2. MAKE THE BASE

Line a 9-inch square baking dish with nonstick foil. Melt 6 tablespoons unsalted butter or coconut oil in a large pot over medium heat. Add one 10-ounce bag mini or regular marshmallows and stir with a wooden spoon until melted, then stir in 1 teaspoon vanilla. Stir in 1/2 cup nut butter, if you want. Remove from the heat and stir in the cereal.

3. ADD MIX-INS

Stir in 1 1/2 cups total (pick up to 3 types).



Granola, nuts
roughly chopped



Freeze-dried fruit,
chopped if large



Dried fruit,
chopped if large



Yogurt-covered
raisins



Sweetened shredded
coconut, toasted



Mini
Marshmallows



White
chocolate chips



Peanut butter
chips



Butterscotch
chips



Semisweet
chocolate chips



Toffee bits



M&M's



Sprinkles
(up to 1/4 cup)



Nuts, roughly
chopped

4. FORM THE BARS

Press the cereal mixture into the prepared pan using a rubber spatula. Let cool, then lift out of the pan using the foil and move to a cutting board. Remove the foil and slice into pieces.



MAKE IT MORE ACCESSIBLE!

CHECK OUT OUR AMAZON LIST OF ACCESSIBLE KITCHEN ESSENTIALS AT [HTTPS://AMZN.TO/3QJKZOE](https://amzn.to/3QJKZOE)