

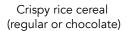
WORLD DUCHENNE AWARENESS DAY • SEPTEMBER 7

CEREAL TREATS



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







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.

