



No-Bake Fruit and Nut Squares

Prep Time  20 min

Start to Finish  1 hour + 50 min

Servings 12 

Ingredients

- 6 cups Cheerios™
- 1 cup roasted salted hulled pumpkin seeds (pepitas)
- 1 cup creamy peanut butter
- 1/2 cup real maple syrup
- 3 tablesppoms butter
- 1/4 cup honey
- 1 cup raisins

Directions

1. Line bottom and sides of 9-inch square pane with foil. Spray foil with cooking spray. In large bowl, mix cereal, pumpkin seeds, and raisins; set aside.
2. In large microwavable bowl, microwave peanut butter, maple syrup, honey, and butter uncovered on high 3 to 4 minutes, stirring every 30 seconds, until mixture is boiling and slightly thickened.
3. Pour over cereal mixture in bowl; stir until evenly coated. Using buttered back of spatula or wooden spoon; press mixture very firmly in pan. Refrigerate uncovered about 1 hour 30 minutes or until firm enough to cut.

For squares, use share serrated knife in a gentle sawing motion to cut into 4 rows by 3 rows. Store Covered at room temperature for up to 1 week.

Tips and Substitutions

- Substitute pumpkin seeds for dry-roasted peanuts (or use a mixture of both).
- Swap raisins for golden raisins or sweetened dried cranberries (or a mixture)
- Swap the peanut butter for almond or sunflower seed butter, if desired.
- Also great in granola form. Loosely spread over a baking sheet to form granola.
- Make sure to really compress the squares, that will make them eaiser to cut.



bell institute
OF HEALTH & NUTRITION
General Mills