

PUFFED WHEAT SQUARES

Ingredients:

| Nutrition Facts | |
|----------------------------------|----------------------|
| Serving Size 29 g (1/8 of pan) | |
| Amount Per Serving | |
| Calories 117 | Calories from Fat 45 |
| % Daily Value* | |
| Total Fat 5.0g | 8% |
| Saturated Fat 0.9g | 4% |
| Cholesterol 0mg | 0% |
| Sodium 58mg | 2% |
| Total Carbohydrates 18.4g | 6% |
| Sugars 8.1g | |
| Protein 1.1g | |
| Vitamin A 4% | |
| Vitamin C 0% | |
| Calcium 1% | |
| Iron 12% | |
| Nutrition Grade C- | |
| * Based on a 2000 calorie diet | |

| | |
|---------|---------------------------|
| 1000 ml | puffed wheat |
| 50 ml | hard margarine |
| 60 ml | light or dark corn syrup |
| 75 ml | firmly packed brown sugar |
| 15 ml | cocoa |
| 2 ml | vanilla |

Method:

1. Measure the puffed wheat into the bowl. Set aside.
2. Put the margarine, syrup, brown sugar, cocoa, and vanilla into the saucepan.
3. Heat on medium, stirring continuously, until mixture comes to a **boil** with bubbles all over the surface.
4. Remove the pan to the hot pad or cooling rack.
5. Pour the hot chocolate mixture over the puffed wheat in the bowl. Use the rubber spatula to scrap the saucepan.
6. **Stir** well until all of the puffed wheat is coated. Turn the coated puffed wheat a 9 x 9 pan.
7. Press down using a slightly **greased** spatula.
8. Best if you chill for about 2 hours so it will cut cleanly.