



# Rainbow Chow

**10**  
minutes  
or less

**V**  
option

## INGREDIENTS

4 ½ cups original sweetened corn and oat cereal, such as Cap'n Crunch  
1 cup Hy-Vee creamy white vanilla baking chips  
gel food coloring, optional  
1 ½ cups Hy-Vee powdered sugar  
½ (3-oz.) pkg. Hy-Vee desired flavor gelatin dessert, powder only  
Sour Belts candy, if desired

## PREPARATION

- 1** Place cereal in a large bowl. Place vanilla baking chips in a small microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted, stirring each time. Tint with gel food coloring, if desired.
- 2** Pour melted mixture over cereal; stir until coated. Combine powdered sugar and gelatin dessert powder in a large resealable plastic bag. Close bag; shake well until coated with powdered sugar mixture.
- 3** If desired, for a rainbow of cereals, repeat making additional batches using a different color gelatin for each batch; combine the different colored cereals. Stir in sour belts candy, if desired. Store in an airtight container.

## NUTRITION FACTS

Calories: 310  
Total Fat: 8g  
Saturated Fat: 7g  
Trans Fat: 0g  
Cholesterol: 0mg

Sodium: 180mg  
Carbohydrates: 57g  
Fiber: 0g  
Sugar: 49g  
Protein: 3g