

# Chocolate Coconut Shredded Wheat Bars

Yield: 16 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-nest-recipe-shredded-wheat>

## Ingredients:

- 1/2 cup butter melted
- 2 cups shredded wheat ground Post Frosted, from Walmart
- 14 ounces sweetened condensed milk
- 2 cups semisweet chocolate chips
- 1 1/3 cups flaked coconut
- 1 cup chopped nuts

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 25 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 11 grams
8. Sodium: 95 milligrams
9. Sugar: 28 grams

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