



Tingalings

12 oz. **semi-sweet or milk chocolate chips**...melt in double boiler

4 c **whole wheat flakes cereal** (ex. Wheaties)

Optional: Fold in 1/3 c chopped, **toasted almonds**.

Stir together till well coated. Drop by spoonfuls onto waxed paper/
parchment paper. Will harden as they cool.