

## RICE CRISPY TREATS

Makes 6 Servings; 1 per serving

Nutrients Per Serving:

70 Calories | 1.5g Fat (1g Saturated) | 12 g Carbohydrates | 5g Added Sugar | 0g Protein | 65 mg Sodium | 0g Fiber

### Equipment Needed

				
Mixing spoon	Measuring cups	Glass mixing bowl	8x8" cake pan	Knife
				
Microwave	Rubber spatula			

### Ingredients Needed

*\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\**

				
2 tablespoon butter	2 ½ cups miniature marshmallows or 20 large marshmallows	3 cups rice crispy cereal	Cooking spray	

## Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



Spray pan with cooking spray.

3



Melt 2 Tbsp butter and 2 cups miniature marshmallows in a microwave safe bowl for 1 minute. Take out and stir. If not smooth, microwave in 30 second increments until mixture is smooth

4



Add 3 cups cereal to marshmallow mixture and stir with rubber spatula until cereal is completely coated. [Note: You may need to wet the spatula with cold water to keep the mixture from sticking.]

5



Pat with hands until the mixture is equally divided in the pan. Put water on your hands to keep the mixture from sticking to your hands.

6



When set, cut Rice Crispy Treats into 6 pieces. Enjoy!