Cereal Treats

Snack/Dessert

Makes: Approximately 6 servings (12-2 inch squares)

Ingredients:
- 1.5 tbsp butter
- ½ - 10 ounce package marshmallows
- 3 cups cereal - any kind

Directions:

Stove top Directions:
1. Preheat in a large saucepan melt butter over low heat.
   Add marshmallows and stir until melted. Remove from heat.
2. Add cereal and stir until well coated.
3. Using a buttered or oil sprayed spatula evenly press mixture evenly into a pan.
4. Let cool ~20 minutes, cut into 2-inch squares.

Microwave Directions:
5. In microwave-safe bowl heat butter and marshmallows on high for 1 ½ minutes, stir and then microwave for another 1 ½ minutes
6. Add cereal and stir until well coated.
7. Using a buttered or oil sprayed spatula evenly press mixture evenly into a pan.
8. Let cool ~20 minutes, cut into 2-inch squares.

Nutrition Information (per 2 squares):

Calories: 140  Fat: 3g  Carbs: 28g  Protein: 1g  Sodium: 105mg

https://wexnermedical.osu.edu/nutrition-services