

Cereal Treats

Snack/Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

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: 3 g Carbs: 28g Protein: 1g Sodium: 105mg

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