



Cinnamon Crackels Treats

Makes 9 – 12 squares.

Ingredients:

3 Tbsp Margarine or Butter
4 cups Mini Marshmallows
6 cups (180g) *Maddy's Crackels Cereal**
Cooking spray



Preparation:

Stovetop Directions

1. Melt margarine or butter in a medium sauce pan over low heat.
2. Add marshmallows & stir until melted.
3. Remove from heat.
4. Add Maddy's Crackels Cereal.
5. Stir until well coated.
6. Using a buttered spatula press mixture evenly into a 9"x9" pan pre-coated with cooking spray.
7. Cut into 2-inch squares. Best if served the same day.

Microwave Directions

1. In a large microwave safe bowl, heat margarine and marshmallows on "high" for 3 minutes, stirring after 2 minutes. Microwave cooking times may vary.
2. Stir until smooth.
3. Remove from heat.
4. Add Maddy's Crackels Cereal.
5. Stir until well coated.
6. Using a buttered spatula press mixture evenly into a 9"x9" pan pre-coated with cooking spray.
7. Cut into 2-inch squares. Best if served the same day.

Nutritional Information

| Serving size | Protein, g | Phenylalanine, mg |
|------------------|------------|-------------------|
| Per Piece (10 g) | 0.1 | 3 |

* Applied Nutrition