

■ Cereal-Marshmallow Bars

Yield: 24 bars

Ingredients

- 3-4 tablespoons butter or margarine (not reduced fat)
- 40 large marshmallows or 4 cups of mini marshmallows (10 ounce package)
- 5-6 cups ready-to-eat cereal

Equipment

- Measuring cups
- Large microwave-safe mixing bowl
- Large mixing bowl
- Cooking spoon
- 9"x13" pan
- Heavy saucepan (optional)

Order of Work

1. Lightly coat the pan with non-stick cooking spray.
2. Place butter or margarine and marshmallows in large microwave-safe mixing bowl. Place in microwave on high setting for 2 minutes. Stir. Microwave an additional 1 to 2 minutes or until melted. **OR** you may melt the margarine or butter and marshmallows over low heat in a heavy saucepan while stirring continually.
3. While the marshmallows and butter or margarine are melting, measure the cereal into a large bowl.
4. Stir the melted butter or margarine and marshmallows. Pour this over the cereal. Stir gently until cereal mixture is evenly coated. You may need an adult to help you with this step.
5. Carefully press the warm marshmallow-cereal mixture in the prepared pan.
6. Cool. Cut into small squares or bars.

For extra-special cereal-marshmallow bars, add some chocolate bits, chopped dates, candied fruits, or nuts. You can use one or more of these and mix them with the cereal before adding the marshmallow mixture.

