

Peanut Butter Marshmallow Treats



Makes: 20 bars

Ingredients:

- ¼ cup + 2 tbsp creamy peanut butter
- 1 tbsp water
- 5 cups miniature marshmallows
- 5 cups crisp rice cereal

Procedure:

- Grease a 4-quart pot with olive oil.
- Add the peanut butter, water, and marshmallows, cover, and cook over low heat without stirring for 3 minutes.
- Stir the mixture.
- Then continue to cook, covered, for 2 – 3 additional minutes, stirring after each minute, until the mixture is melted and smooth.
- Remove the pot from the heat, and stir in the cereal.
- Grease a baking pan and use the back of a wooden spoon to pat the mixture evenly into the pan.
- Allow the mixture to cool to room temperature before cutting.
- Cut into 20 bars.

Per serving:

- Calories: 92
- Protein: 2 gm
- Carbohydrates: 16 gm
- Fat: 2 gm

This recipe makes delicious bars that are full of energy and serve greatly as snacks.