

PUMPKIN SPICE RICE KRISPY TREATS

A quick and easy Rice Krispy treat recipe with a pumpkin spice twist. Adding pumpkin is optional.

🕒 10 minutes

🕒 10 minutes

🍴 12 portions

INGREDIENTS

- 4 cups of miniature of candies, marshmallows (200 g)
- 6 cups [1 NLEA serving] of cereals ready-to-eat, MALT-O-MEAL, Crispy Rice (158 g)
- 1/2 tsp of spices, cinnamon, ground (1 g)
- 1/2 tsp of spices, pumpkin pie spice (1 g)
- 1/8 cup of pumpkin, canned, without salt (31 g)
- 3 tbsps of butter, without salt (43 g)

COOKING METHOD

- 1° Place a large pan on the stove and melt butter on medium heat.
- 2° Once butter is melted, add 4 cups of mini marshmallows to the pan.
- 3° Once marshmallows are melted, add the pumpkin puree and spices and mix until ingredients are incorporated.
- 4° Add Rice Krispy cereal (can be any brand of riced cereal) to the pan and stir.
- 5° Once all ingredients are mixed, place mixture into a 9x13 greased pan (or any desired-sized pan).
- 6° Cover the mixture with parchment paper and press down softly to spread the mixture evenly into the pan.
- 7° Allow treats to cool, at room temperature or in the fridge, and eat any time.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (36 g)	% DRI
ENERGY	347 kcal	126 kcal	6 %
FAT	9 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	5 g	2 g	9 %
CHOLESTEROL	21 mg	8 mg	3 %
SODIUM	376 mg	136 mg	6 %
CARBOHYDRATE	70 g	25 g	8 %
SUGARS	30 g	11 g	—
FIBER	1 g	0 g	1 %
PROTEIN	3 g	1 g	—