Pumpkin Spice Krispymallow Treats



1/6 of recipe: 175 calories, 2g total fat (0.5g sat. fat), 124mg sodium, 36g carbs, <0.5g fiber, 18g sugars, 1g protein

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Prep: 5 minutes **Cook:** 10 minutes

Cool: 15 minutes

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Ingredients

2 tbsp. light butter
3 cups mini marshmallows
1 tsp. vanilla extract
1 tsp. cinnamon
1/2 tsp. pumpkin pie spice
3 1/2 cups Rice Krispies cereal
2 tbsp. fall-color sprinkles

Directions

Spray an 8" X 8" baking pan with nonstick spray.

Place butter in a large nonstick pot, and set heat to medium-low. Once melted, add marshmallows. Cook and stir until marshmallows have melted, about 3 minutes. Add vanilla extract, cinnamon, and pumpkin pie spice. Mix thoroughly.

Remove pot from heat. Add cereal. Stir until well mixed and coated.

Transfer mixture to the baking pan. Press it into the pan, using a spatula sprayed with nonstick spray (or your lightly sprayed hands).

Top with sprinkles, and lightly press to adhere. Let cool until set, about 15 minutes.

MAKES 6 SERVINGS

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