



Rice Krispies Treat for One



Entire recipe: 104 calories, 2.5g total fat (0.5g sat. fat), 120mg sodium, 19g carbs, 0g fiber, 6.5g sugars, 1g protein

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Prep: 5 minutes **Cook:** 5 minutes or less

Cool: 10 minutes



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Ingredients

18 mini marshmallows
1 1/2 tsp. light butter
1/2 cup Rice Krispies cereal (I used [Spring Colors!](#))

Directions

Place marshmallows and butter in a microwave-safe mug. Microwave for 30 seconds, or until melted.

Add cereal, mix, and press down to form the treat. Let cool until set, about 10 minutes.

MAKES 1 SERVING

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