



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

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

Cool: 10 minutes



Tagged: [Dessert Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.