



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

[Click for WW Points® value*](#)

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

Cool: 10 minutes



More: [Dessert Recipes](#), [Single Serving](#), [30 Minutes or Less](#), [5 Ingredients or Less](#), [Gluten-Free](#)

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.