Heart Healthy Dessert Recipe of the Month:

July 2016

Patriotic Rice Krispies Squares

Serves about 12

Ingredients

3 tbsp. butter
6 cups mini marshmallows
6 cups Rice Krispies cereal
Red food coloring
Blue food coloring

Directions

1. Line a 9x9 inch pan with parchment paper.
2. Heat 1 tbsp. melted butter and 2 cups marshmallows in a large pan over medium heat. Stir until marshmallows are smooth and melted. Add about five drops of red food coloring. Stir until the color is consistent.
3. Stir in 2 cups of Rice Krispies cereal and toss to cover equally. Make sure to be quick so that the cereal doesn't harden.
4. Pour into baking dish and flatten.
5. Rinse out pan and repeat steps 2 and 3, this time without adding food coloring. Add to baking dish as the second layer.
6. Repeat the process once again, this time using a few drops of blue food coloring. Add to baking dish as the top layer.
7. Let sit for a few minutes before cutting and serving. Enjoy!

Nutritional Information (ESTIMATED)

Serving Size: 1 square
Calories 90
Total Fat 2.9g (4%)
Cholesterol 8mg (3%)
Sodium 118mg (5%)
Potassium 14mg (0%)
Total Carbs 14.9g (5%)
Sugars 2.9g
Protein 1.1

*Based on a 2000 calorie diet

Adapted from: http://www.sheknows.com/food-and-recipes/articles/996945/4th-of-july-layered-krispies-treats-recipe

PIMA COUNTY HEALTH DEPARTMENT