THE ORIGINAL RICE KRISPIES TREATS
30 MINUTES TOTAL TO PREPARE
36 SERVINGS (YOU ONLY WANT TO MAKE 30 SERVINGS)

INGREDIENTS
9 tablespoons butter
12 cups Miniature Marshmallows
18 cups Kellogg's® Rice Krispies® cereal

DIRECTIONS
1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.

2. Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated.

3. Using buttered spatula or wax paper evenly press mixture into 2 --- 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

MICROWAVE DIRECTIONS:
In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

Note:
-For best results, use fresh marshmallows. -Diet, reduced calorie or tub margarine is not recommended.
-Store no more than two days at room temperature in airtight container.

Nutrition Facts

Serving Size 2 Squares (37g)
Servings Per Container 12

Amount Per Serving	
Calories 140	Calories from Fat 25
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 1g	

Vitamin A 10% • Vitamin C 10%
Calcium 0% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

If you eat 6 ½ squares of the Original Treats, how many grams of carbohydrates are your eating?

If you eat 2 ¼ squares, how many mg of sugar is your intake?

If you eat only ½ a square, what is you total intake of protein in grams?

CHOCOLATE SCOTCHEROOS
1 HOUR AND 20 MINUTES TOTAL TIME
48 SERVINGS (YOU ONLY WANT TO MAKE 30)

INGREDIENTS

2 cups light corn syrup
2 cups sugar
2 cups peanut butter
12 cups Kellogg's® Cocoa Krispies® cereal
2 packages (6 oz., 1 cup) semi-sweet chocolate morsels
1 cup butterscotch chips

DIRECTIONS

1. Place corn syrup and sugar into 3-quart saucepan. Cook over medium heat, stirring frequently, until sugar dissolves and mixture begins to boil. Remove from heat. Stir in peanut butter. Mix well. Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated. Press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Set aside.

2. Melt chocolate and butterscotch chips together in 1-quart saucepan over low heat, stirring constantly. Spread evenly over cereal mixture. Let stand until firm. Cut into 2 x 1-inch bars when cool.

Note: Before measuring the corn syrup, coat your measuring cup with cooking spray--the syrup will pour easily out of the cup.

Nutrition Facts

Serving Size 2 Bars (56g)
Servings Per Container 24

Amount Per Serving	
Calories 240	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 115mg	**5%**
Total Carbohydrate 38g	**13%**
Dietary Fiber less than 1g	**4%**
Sugars 23g	
Protein 3g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

If you eat 3 ½ bars of the Chocolate Scotcheroos treats, how many grams of carbohydrates are your eating?

If you eat 2 ¼ bars, how many grams of sugar is your intake?

If you eat only ½ of a bar, what is you total intake of protein in grams?

PEANUT BUTTER BARS
1 HOUR TOTAL TIME
48 SERVINGS

INGREDIENTS

4 cup reduced fat creamy peanut butter
12 tablespoons butter or margarine, softened
4 cups powdered sugar
12 tablespoons fat free milk
12 cups Rice Krispies®
1 cup semi-sweet chocolate morsels, melted

DIRECTIONS

1. In large mixing bowl beat peanut butter and butter on medium speed until combined. Add powdered sugar and milk. Beat until fluffy. Stir in KELLOGG'S RICE KRISPIES cereal, mixing until thoroughly combined. Press mixture evenly into 8 x 8 x 2-inch pan coated with cooking spray. Refrigerate until firm.

2. Drizzle chocolate over cereal mixture. Refrigerate about 30 minutes or until chocolate is set and cereal mixture is firm. Cut into bars. Store in airtight container in refrigerator.

Nutrition Facts

Serving Size 2 Bars (51g)
Servings Per Container 12

Amount Per Serving	
Calories 230	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**19%**
Saturated Fat 4.5g	**21%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 190mg	**8%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 2g	**6%**
Sugars 15g	
Protein 5g	

Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

If you eat 2 ½ bars of the Peanut Butter Bars, how many grams of carbohydrates are your eating?

If you eat 3 ¼ bars, how many grams of sugar is your intake?

If you eat only ½ a bar, what is you total intake of protein in grams?

PINEAPPLE-RAISIN MUFFINS
40 MINUTES TOTAL
12 SERVINGS (YOU WANT TO 24 SERVINGS) (HINT: YOU WILL BE DIVIDING BY A FRACTION)

INGREDIENTS
1 1/4 cups all-purpose flour
1/2 cup sugar
2 1/2 teaspoons baking powder
1/2 teaspoon cinnamon
1/4 teaspoon salt
1/4 teaspoon ginger
1 1/2 cups Ready-To-Eat Cereal Rice Krispies®
1 can (8 oz.) crushed pineapple (juice pack), undrained
1/3 cup fat-free milk
1 egg, beaten
2 tablespoons vegetable oil
1/2 cup raisins

TOPPING
1 tablespoon sugar
1/2 teaspoon cinnamon
1/2 cup Rice Krispies Cereal®

DIRECTIONS
1. Stir together flour, sugar, baking powder, cinnamon, salt and ginger. Set aside.

2. In large bowl combine KELLOGG'S RICE KRISPIES cereal, undrained pineapple and milk. Let stand about 2 minutes or until cereal softens. Add eggs and oil. Beat well. Add raisins and flour mixture, stirring until just combined. Portion evenly into 2 1/2-inch muffin-pan cups coated with cooking spray or lined with foil bake cups.

3. In small bowl stir together Topping sugar and Topping teaspoon cinnamon. Sprinkle over tops of muffins. Sprinkle Topping Rice Krispies Cereal on top.

4. Bake at 400°F about 17 minutes or until toothpick inserted near center comes out clean. Cool in muffin pan for 5 minutes. Remove from pan. Cool completely.

Nutrition Facts

Serving Size 1 Muffin (66g)	
Servings Per Container 12	
Amount Per Serving	
Calories 150	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 150mg	6%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 3g	
Vitamin A 2% •	Vitamin C 2%
Calcium 2% •	Iron 2%

If you eat 2 ½ muffins, how many grams of carbohydrates are your eating?

If you eat ¼ of a muffin, how many grams of sugar is your intake?

If you eat 1 ½ muffins, what is you total intake of protein in grams?

COCOA KRISPIES® TREATS™
30 MINUTES TOTAL
36 SERVINGS (YOU ONLY WANT TO MAKE 30 SERVINGS)

INGREDIENTS
9 tablespoons butter or margarine
12 cups Miniature Marshmallows
18 cups Kellogg's® Cocoa Krispies® cereal

DIRECTIONS
1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add KELLOGG'S COCOA KRISPIES cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 2---**13 x 9 x 2-inch** pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

MICROWAVE DIRECTIONS:
In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.
Note:
For best results, use fresh marshmallows.
Store no more than two days at room temperature in airtight container.

Nutrition Facts

Serving Size 2 Squares (39g)
Servings Per Container 12

Amount Per Serving	
Calories 140	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**2%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**
Total Carbohydrate 33g	**11%**
Dietary Fiber --g	**--%**
Sugars 19g	
Protein 1g	

Vitamin A 15% • Vitamin C 15%
Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

If you eat 6 ½ squares of the Cocoa Treats, how many grams of carbohydrates are your eating?

If you eat 2 ¼ squares, how many mg of sugar is your intake?

If you eat only ½ a square, what is you total intake of protein in grams?

COOKIES & CREAM ZEBRA TREATS™
1 HOUR TOTAL TIME
60 SERVINGS (YOU ONLY WANT TO MAKE 30)

INGREDIENTS

12 tablespoons butter or margarine, divided
16 cups JET-PUFFED Miniature Marshmallows
10 cups Kellogg's® Cocoa Krispies® cereal
30 chocolate with white filling sandwich cookies, finely crushed
12 cups Kellogg's® Rice Krispies® cereal

DIRECTIONS

1. In large saucepan melt 1/2 of all total tablespoons of the butter over low heat. Add 1/2 of the total cups of marshmallows and stir until completely melted. Remove from heat.
2. Add KELLOGG'S COCOA KRISPIES cereal and cookies. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 15 x 10 x 1-inch pan coated with cooking spray. Cool.
4. In clean large saucepan melt the remaining tablespoons butter over low heat. Add the remaining package of marshmallows and stir until completely melted. Remove from heat.
5. Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated.
6. Using buttered spatula or wax paper evenly press mixture into another 15 x 10 x 1-inch pan coated with cooking spray. Cool.
7. Cut each pan of cereal mixture into six 10 x 2 ½ -inch strips. On cutting board layer one chocolate strip. Top with plain strip, another chocolate strip and another plain strip. Firmly press together. Cut into ten 1-inch slices. Repeat with remaining strips. Best if served the same day.

Note:For best results, use fresh marshmallows. Store no more than two days at room temperature in airtight container.

Nutrition Facts

Serving Size (36g)
Servings Per Container 30

Amount Per Serving

Calories 140	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 110mg	**5%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 0g	**0%**
Sugars 15g	
Protein 1g	

Vitamin A 10% • Vitamin C 10%
Calcium 0% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

36 g = 1 inch by 1 inch bar

If you eat 4 ¼ bar of the Zebra Treats, how many grams of carbohydrates are your eating?

If you eat 2 ¼ bars, how many g of sugar is your intake?

If you eat only ½ bar, what is you total intake of protein in grams?

PIGS IN A BLANKET
40 MINUTES TOTAL
8 SERVINGS (YOU WANT TO MAKE 32 SERVINGS) (HINT: YOU WILL BE DIVIDING BY A FRACTION)

INGREDIENTS
1 package (8 oz.) refrigerated reduced-fat crescent roll dough
1/3 cup shredded carrot
1 cup Kellogg's® Rice Krispies® cereal
8 reduced-fat turkey frankfurters
Ketchup and mustard (optional)

DIRECTIONS
1. On cutting board unroll dough into one rectangle. Sprinkle carrot and 2 cups of the KELLOGG'S RICE KRISPIES cereal on top. Use fingers to lightly press cereal into dough. Using pizza cutter or sharp knife separate dough into 8 triangles along perforation lines.

2. Place remaining cups cereal in shallow dish. Place one frankfurter on wide end of each triangle. Roll up. Roll in cereal, coating outside of dough with cereal. Place on ungreased baking sheet. Bake at 375º F for 22 to 24 minutes or until dough is golden brown. Serve with ketchup and mustard.

Nutrition Facts

Serving Size 1 Pig in Blanket (70g)
Servings Per Container 8

Amount Per Serving	
Calories 180	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 630mg	**26%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 0g	**0%**
Sugars 3g	
Protein 6g	

Vitamin A 20% • Vitamin C 2%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

If you eat 4 ¼ Pigs in a Blanket, how many grams of carbohydrates are your eating?

If you eat 2 ¼ Pigs in a Blanket, how many mg of sugar is your intake?

If you eat only ½ of a Pig in a Blanket, what is you total intake of protein in grams?