

THREE SNACKS YOU WILL LOVE!

Toasted Marshmallow Treats

Ritz crackers

Peanut butter

Marshmallows

Spread a small amount (<1 teaspoon) of peanut butter on each cracker, place on a foil-lined cookie sheet. Top with a marshmallow. You can do a whole one, a half, or maybe 4 mini's. Place the pan under the broiler and watch carefully. It won't take long. Take them out when they are as brown as you like.

Unhealthies

½ stick butter

10 oz marshmallows (about 4 cups)

1/3 cup peanut butter

6 cups Frosted Flakes

Melt the butter and marshmallows in a large glass bowl in the microwave. Keep an eye on it. When the marshmallows are almost all melted you can take it out. They will continue to melt. Stir in the peanut butter, then stir in the cereal. Drop into mounds on parchment paper or foil.

(If they stick to your fingers while dropping them, try moistening your hands with cold water.)

Bird Snacks

Honey Nut Cheerios

Peanut butter, or sun butter

Pour a few Cheerios into a small bowl (a ramekin or a small plastic cup or bowl). Dip up a spoonful of nut butter, and then stand the spoon (nut butter and all) in the bowl. The cereal will stick to the nut butter. Fun for them to eat this way.

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