

LOW-FAT KELLOGG'S* RICE KRISPIES* SQUARES

50 mL	¼ cup	butter or margarine
1.25 L	5 cups	miniature marshmallows or 40 regular (250 g pkg)
2 mL	½ tsp	vanilla extract (optional)
1.5 L	6 cups	KELLOGG'S* RICE KRISPIES* cereal

1. In large heavy saucepan over low heat, melt butter. Add marshmallows; stir until melted and well blended. Remove from heat.
2. Stir in vanilla. Add cereal, stirring until coated.
3. Using lightly-buttered spatula, press into buttered 3.5 L (13x9") pan. Cool. Cut into squares.

Microwave Directions: In large microwaveable bowl, microwave butter at HIGH (100%) 30-60 seconds or until melted. Add marshmallows, tossing to coat. Microwave at HIGH (100%) 1-1½ minutes or until smooth when stirred, stirring after 45 seconds. Follow steps 2 and 3 above.

- Cooking times are for 700-watt microwave ovens; increase by 15-30 seconds for lower-wattage ovens.

Yield: 24 (5 cm/2") squares

Per Serving: (1 square) 80 calories (330 kJ) 2.0 g fat

- For chewier squares use 1.25 L (5 cups) cereal.