

Recipe:
From:

Kellogg's
Corn Flakes™
cereal
Holiday Wreaths



- 1/3 cup margarine
- 1 package (10 oz., about 40) regular marshmallows
- 1 teaspoon green food coloring
- 6 cups *Kellogg's Corn Flakes* cereal
- Red cinnamon candies
- Pam** vegetable cooking spray

1 In large saucepan, melt margarine over low heat. Add marshmallows and stir until completely melted. Remove from heat. Stir in food coloring.

2 Add *Kellogg's Corn Flakes* cereal. Stir until well coated.

3 Using 1/4-cup dry measure coated with *Pam** cooking spray, evenly portion warm cereal mixture. Using buttered fingers, quickly shape into individual wreaths. Dot with cinnamon candies.

YIELD: 16 wreaths

Nutrition Facts: Serving size 1 wreath (38 grams)
Calories 160 • Fat cal 50
% Daily Value Total fat 9% (6g) • Sat fat 6% (1g)
Cholest 2% (5mg) • Sodium 8% (190mg)
Total carb 9% (26g) • Fiber 0% (0g) • Sugars 17g
Protein 1g • Vitamin A 35% • Vitamin C 10%
Calcium 0% • Iron 15%

Microwave Directions: Microwave margarine and marshmallows at HIGH 2 minutes in microwave-safe mixing bowl. Stir to combine. Microwave at HIGH 1 minute longer. Stir in food coloring. Follow steps 2 and 3 above.

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