



Christina Tosi's Christmas Treats

READY IN



30 min.

SERVINGS



24

CALORIES



163 kcal

DESSERT

Ingredients

- 6 cups cornflakes (Rice Krispies, cornflakes, Golden Grahams, Kix, etc.)
- 0.3 cup creamy peanut butter freshly ground (do not use natural or ; mix peanut butter into the melted-marshmallow mixture before adding cereal)
- 1 cup candied ginger dried such as blueberries, cranberries, cherries, banana chips, or candied ginger, large pieces chopped or crushed
- 4 cups marshmallows mini
- 0.5 teaspoon spices: paprika powder 1 such as cinnamon or ginger
- 1 cup sunflower seeds such as pecans, peanuts, walnuts, pepitas, or sunflower seeds, toasted and coarsely chopped
- 0.5 cup semi chocolate chips

- 1 tablespoons sesame seed
- 2 tablespoons sprinkles
- 4 tablespoons butter unsalted ()

Equipment

- frying pan
- sauce pan
- knife
- baking pan
- wax paper

Directions

- Spray a 9- by 13-inch baking pan with nonstick vegetable-oil spray.
- In an extra-large saucepan over low heat, melt the butter.
- Add the marshmallows and heat, stirring constantly, until completely melted, about 2 minutes.
(
- Add the peanut butter, if using, and stir to combine.)
- Remove from the heat, add the cereal and use a sturdy, long-handled wooden or metal spoon to stir until the cereal is well coated in the butter-marshmallow mixture.
- Add any optional mix-ins and stir to incorporate.
- Scrape the mixture into the prepared pan and spread evenly.
- Cut a piece of parchment or wax paper into a roughly 9- by 13-inch rectangle and spray with nonstick vegetable-oil spray.
- Place the greased parchment or wax paper on top of the treats and press the mixture into the pan until it's 1/2 to 1 inch thick.
- Let cool until firm, 15 to 20 minutes.
- Using a large, sharp knife cut the treats into approximately 2-inch squares. DO AHEAD: Treats can be made ahead and kept, in an airtight container at room temperature, for 2 to 3 days, or frozen up to 1 month.

Nutrition Facts

■ PROTEIN 6.52% ■ FAT 41.76% ■ CARBS 51.72%

Properties

Glycemic Index:5.4, Glycemic Load:4.3, Inflammation Score:-4, Nutrition Score:6.5856521621994%

Nutrients (% of daily need)

Calories: 162.9kcal (8.14%), Fat: 7.83g (12.05%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 21.83g (7.28%), Net Carbohydrates: 20.64g (7.5%), Sugar: 12.45g (13.84%), Cholesterol: 5.24mg (1.75%), Sodium: 71.3mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.22mg (1.08%), Protein: 2.75g (5.5%), Vitamin E: 2.29mg (15.3%), Iron: 2.68mg (14.87%), Vitamin B1: 0.18mg (12.28%), Manganese: 0.23mg (11.26%), Vitamin B6: 0.22mg (10.84%), Vitamin B3: 2.13mg (10.65%), Folate: 40.46µg (10.12%), Copper: 0.19mg (9.74%), Magnesium: 33.46mg (8.36%), Vitamin B2: 0.13mg (7.94%), Phosphorus: 66.22mg (6.62%), Selenium: 4.25µg (6.07%), Vitamin B12: 0.36µg (6.01%), Fiber: 1.19g (4.78%), Vitamin A: 188.14IU (3.76%), Zinc: 0.55mg (3.66%), Potassium: 87.01mg (2.49%), Vitamin D: 0.29µg (1.91%), Vitamin C: 1.56mg (1.89%), Calcium: 12.69mg (1.27%), Vitamin B5: 0.12mg (1.22%)