



## Christmas Wreaths

READY IN



45 min.

SERVINGS



18

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 5 ounces cornflakes
- ☐ 1.5 teaspoons purple gel food coloring green
- ☐ 7.3 ounces marshmallows
- ☐ 1 ounce cinnamon candies (candied)
- ☐ 4 ounces butter unsalted
- ☐ 1 teaspoon vanilla extract pure

## Equipment

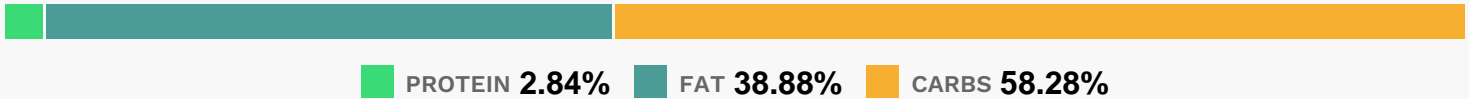
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ wax paper

## Directions

- ☐ Spray a medium saucepan with nonstick vegetable shortening or lightly grease it.
- ☐ Melt the butter over low heat.
- ☐ Add the marshmallows and melt them over low heat, stirring constantly, until smooth (about 6 minutes).
- ☐ Remove the pan from the heat and whisk in the food coloring and vanilla extract until well blended. Stir in the cornflakes to coat them well. Keep the mixture warm by placing the saucepan in a large pot or skillet filled with 1 inch of very hot tap water. Replace the water as it cools.
- ☐ Working quickly so the mixture does not harden, use the 2 spoons, or lightly greased fingers, to drop small (1 heaping tablespoon) mounds of the cornflake mixture onto the wax paper. With lightly greased fingers, quickly form cornflake mounds into wreaths with holes in the centers. Immediately, while the wreaths are still sticky, decorate the wreaths with red-hots.
- ☐ When wreaths dry, they may be strung with nylon string or gold ribbons as tree ornaments.
- ☐ Store: In an airtight container. Keeps: For eating, about 1 month; as ornaments, indefinitely.
- ☐ Reprinted with permission from Rose's Christmas Cookies by Rose Levy Beranbaum, (C) 1990 William Morrow

## Nutrition Facts



## Properties

Glycemic Index:3.36, Glycemic Load:5.61, Inflammation Score:-3, Nutrition Score:3.2608695658653%

## Nutrients (% of daily need)

Calories: 115.79kcal (5.79%), Fat: 5.16g (7.95%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 17.15g (6.24%), Sugar: 8.65g (9.62%), Cholesterol: 13.54mg (4.51%), Sodium: 67.26mg (2.92%),

Alcohol: 0.08g (100%), Alcohol %: 0.35% (100%), Protein: 0.85g (1.7%), Iron: 2.3mg (12.8%), Vitamin B2: 0.12mg (7.19%), Vitamin B3: 1.42mg (7.11%), Folate: 28.42µg (7.1%), Vitamin B6: 0.14mg (7.08%), Vitamin B1: 0.11mg (7.07%), Vitamin B12: 0.4µg (6.74%), Vitamin A: 298.08IU (5.96%), Vitamin D: 0.38µg (2.52%), Vitamin C: 1.65mg (2%), Copper: 0.03mg (1.39%), Selenium: 0.91µg (1.3%), Fiber: 0.27g (1.09%), Phosphorus: 10.47mg (1.05%), Vitamin E: 0.16mg (1.04%)