



Cook the Book: Christmas Cornflake Wreaths

READY IN



45 min.

SERVINGS



22

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 8 tablespoons butter soft
- ☐ 4 cups cornflakes
- ☐ 4 cups marshmallows mini
- ☐ 0.3 cup sesame seed
- ☐ 22 servings sprinkles
- ☐ 0.5 teaspoon vanilla extract

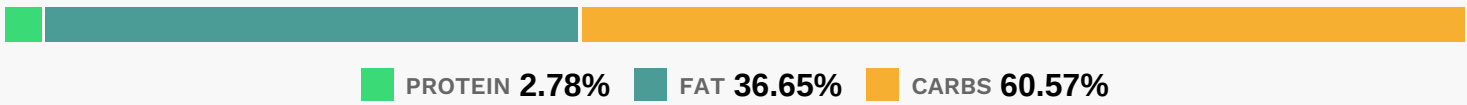
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ wax paper

Directions

- ☐ Put a piece of wax paper or parchment paper on a surface for the wreaths to sit and set on later.
- ☐ In a generous-sized saucepan over a gentle heat, melt the butter, then add the marshmallows, stirring until both have smoothly combined.
- ☐ Take the pan off the heat, and stir in the almond and vanilla extracts.
- ☐ Add the cornflakes and sesame seeds (if you like them), gently crushing the cornflakes as you go and mixing well so that all are covered in creamy goo.

Nutrition Facts



Properties

Glycemic Index:6.61, Glycemic Load:4.56, Inflammation Score:-2, Nutrition Score:3.0986956474574%

Nutrients (% of daily need)

Calories: 139.43kcal (6.97%), Fat: 5.82g (8.95%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 21.19g (7.7%), Sugar: 14.85g (16.5%), Cholesterol: 10.95mg (3.65%), Sodium: 77.39mg (3.36%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 0.99g (1.98%), Iron: 1.82mg (10.13%), Vitamin B1: 0.09mg (5.77%), Copper: 0.11mg (5.59%), Vitamin B6: 0.11mg (5.48%), Folate: 20.62µg (5.16%), Vitamin B3: 1.02mg (5.12%), Vitamin B2: 0.09mg (5%), Vitamin B12: 0.26µg (4.39%), Vitamin A: 218.35IU (4.37%), Manganese: 0.07mg (3.28%), Magnesium: 10.27mg (2.57%), Calcium: 23.93mg (2.39%), Phosphorus: 21.45mg (2.14%), Selenium: 1.41µg (2.01%), Fiber: 0.45g (1.78%), Zinc: 0.24mg (1.57%), Vitamin C: 1.07mg (1.3%), Vitamin D: 0.18µg (1.22%)