



## MARSHMALLOW CEREAL TREAT

	Ingredients	Exchanges
Protein	7.8 gm Highkey® protein cereal plant-based frosted	2.9 (+1.45 gm fat)
	6 gm raw egg white, whipped	0.35 (+0.35 gm fat)
	0.5 gm gelatin powder, unflavored	0.15 (+0.15 gm fat)
Fat	<i>Fat served on the side</i>	
Carbohydrate	1.4 gm Rice Krispies® cereal	1.3

*Recipe developed by Chef Paige Vondran*

### DIRECTIONS

- Whip egg whites until fluffy and firm.
- While mixing, sprinkle the gelatin powder into the whipped egg white.
- Add both cereals to the marshmallow mixture.
- Stir until well combined.
- Scoop mixture into a silicone mold or on a sheet of plastic wrap.
- Place in refrigerator to firm.

### VARIATIONS

- This recipe contains raw whipped egg whites. Therefore, the egg whites used should be from pasteurized eggs. If cooking the eggs slightly is preferred to limit risk of bacteria exposure, 1 teaspoon of water can be heated on the stovetop; add the gelatin powder to the hot water to dissolve; pour hot water mixture into the whipped egg whites, then proceed with the recipe as normal.
- 1 protein exchange Highkey® protein cereal plant-based frosted is 2.7 gm (+0.5 gm fat)
- Other carbohydrates can be added such as other cereals, dried fruits, or almond butter.
- Peanut butter can be added as a protein.
- Fat exchanges can be served as a chocolate sauce over top (melted butter mixed with Walden Farms chocolate syrup, then poured overtop to create a chocolate coating).