

# Wilma Flintstone's Marshmallow Squares

For kids that sometimes are Fussy Eaters

Makes : 30 squares    Time required : 30 minutes    Calories: 81 per square

## What you will need...

- 1/4 cup - (60ml) of butter
- 9oz - (250 gram) package of marshmallows (about 40 large ones)
- 3 cups - (700ml) of raisin bran (low in fat and high in fibre and iron)
- 3 cups - (700ml) of puffed rice or toasted O's cereal
- 1/2 cup - (120ml) of raw green pumpkin seeds (high in protein)
- 1/2 cup - (120ml) dried apricots (excellent source of vitamin A)
- 1/2 cup - (120ml) raisins (only if you want extra raisins)

## Directions...

- Grease a 13 X 9 inch baking dish.
- Get mom or dad to cut up the apricots into little pieces.
- In a large bowl, mix cereals, pumpkin seeds and apricots.
- With mom or dad's help, melt butter in a saucepan over low medium heat on the oven.
- Add marshmallows, a handful at a time until smooth and melted.
- Remove from heat and add cereal and fruit mixture, stirring until it is all evenly combined.
- Let mom or dad help you press the mixture into a greased baking dish and let it cool completely.
- Mom or dad should help cut into squares.

## Recipe Analysis (2 squares)

Calories	162
Protein	2.8 gms
Fat	5.4 gms
Carbohydrates	28.4 gms
Vitamin A	60 mcg
Vitamin C	0 mg
Vitamin B-1	.24 mg
Vitamin B-2	.04 mg
Niacin	1.50 mg
Vitamin B-6	.1 mg
Vitamin B-12	0 mcg
Folate	10 mcg
Calcium	10 mg
Magnesium	42 mg
Iron	2.4 mg
Zinc	.8 mg

## A Good Source of (2 squares)

Vitamin B-1  
Iron  
Magnesium

