



Cooking
For
Broke

Our Mission

Though there are many reasons why an individual may partake in alcohol or drug use, it is not uncommon for one to engage as a method of escaping life's stressors (Rathus et al., 2020). Research suggests most stress faced by post-secondary students hails from daily hassles including time restraints and financial requirements (Rathus et al., 2020). This cookbook aims to reduce stress by providing student's with free, easy access to twenty-five simple recipes, enabling them to budget their time and money. All recipes included boast a wallet-friendly price of five dollars or less per serving and include energy and macronutrient estimates. Consequently, by reducing the burden of meal planning and helping with life's daily hassles we hope to empower students to make healthy choices and achieve academic success, mitigating substance use.

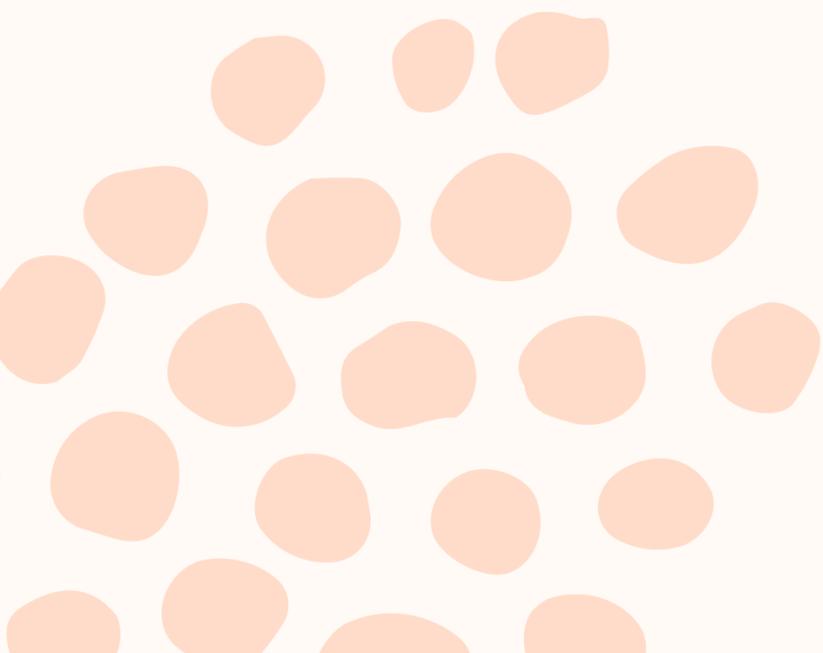
Thank you to ULeth's Alcohol and Drug Awareness Committee for providing the supplies necessary to realise this project!

References

Rathus, S. A., Maheu, S. J., Veenvliet, S. G. (2020). Psych (4th Cdn ed.). Nelson Education Ltd.



Breakfast



Blueberry Overnight Oats

Ingredients:

- 1/4 cup Frozen Blueberries
- 1/2 cup Quick Oats
- 1/2 cup 2% Milk
- 1/2 cup Greek yogurt
- 1/4 tsp Ground Cinnamon
- 1tbsp Maple Syrup
- 1 tbsp White Chocolate Chips
(optional)

Plant based or skim milk may be substituted
for 2% milk

Table syrup may be substituted for maple
syrup

Servings: 1 **Total Cost:** \$2.28

Preparation time: 5 minutes

Energy content per serving: 429kcal

Macronutrients per serving:

fat - 9.4g

Protein - 17.3g

Carbohydrate - 72.8g

Directions:

1. In a small bowl, mix yogurt, cinnamon, milk, and maple syrup. Stir until smooth
2. Add the oats to a small container with an airtight lid. Pour the liquid mixture over the oats and stir until all oats are wet
3. Optional: Fold white chocolate chips into the oat mixture
4. top the oats with frozen blueberries
5. Cover the container and refrigerate overnight

Peanutbutter Protein Balls

2/3 cup creamy peanut butter
1/2 cup semi sweet chocolate chips
1 1/4 cup oats
1/4 cup protein powder
2 tablespoons of liquid honey

These freeze well and are very easy and quick to make.

If mixture appears to be too dry add 1 tbsp of water at a time

If you don't like protein powder can substitute for 1/2 cup of flax seed and reduce oats by 1/4 cup

Servings: 7

Total Cost: \$14.98 **Cost Per Serving:** \$2.14

Preparation time: 5 minutes

Energy content per serving: 338 kcal

Macronutrients per serving:

fat - 14.5g

Protein - 11.9g

Carbohydrate - 31.6g

Directions:

1. Combine all ingredients in one bowl and put in fridge for 15-25 mins. After chilled roll into balls and enjoy.

Rice Pudding

Ingredients-

- 1/4 cup uncooked basmati rice
- 3 cups whole milk
- 1/2 cup sugar
- 1/4 tsp table salt
- 1/4 cup butter
- 1 tsp vanilla extract

Optional:

Tastes great topped with fresh berries or 1tbsp of fruit jam.

Note:

Rice pudding may be served warm or refrigerated and enjoyed later.

Servings: 4

Total Cost: \$4.11 Cost Per Serving: \$1.03

Preparation time: 1 hour 45 minutes

Energy content per serving: 315 kcal

Macronutrients per serving:

fat - 17.5g

Protein - 4.9g

Carbohydrate - 34.1g

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Place milk, butter, sugar, and salt into an oven safe dish. Whisk until well combined.
3. Stir rice into other ingredients.
4. Bake for 1 ½ hours.
5. Remove from oven and stir in vanilla.

Enjoy!

Fruit Pancakes

Ingredients:

Pancake mix

Eggs

Syrup

Bananas

Servings: 3

Preparation time: 5 minutes

Energy content per serving: 260kcal per
pancake

Macronutrients per serving:

fat - 14.9g

Protein - 25.9g

Carbohydrate - 75g

Directions:

1. follow pancake mix instructions on the box
2. add an extra egg or two to the mix for extra protein
3. cook in a pan
4. Top pancakes with bananas and syrup or whatever toppings you like



Scrambled Egg Breakfast Muffins

Ingredients:

12 eggs

½ tsp of Salt

2-3 tbsp of Onions, diced

1 Cup of cooked Ham diced, (or
Sausage)

Pepper to taste

¼ tsp Garlic Powder

¼ Cup of Red Bell Pepper, diced

¼ Cup of Mushroomed, diced

1 Cup of Shredded Cheddar Cheese

½ Cup of Baby Spinach, finely
shredded

Servings: 6

Total Cost: \$13.68 **Cost Per Serving:** \$2.28

Preparation time: 40 minutes

Energy content per serving: 272kcal

Macronutrients per serving:

fat - 17.4g

Protein - 24.3g

Carbohydrate - 4.3g

Directions:

1. Preheat oven to 350 Fahrenheit.
2. Spray a 12-cup muffin pan with non-stick cooking spray or use thick muffin liners.
3. In a large bowl beat eggs, add the remaining ingredients and mix together.
4. Scoop 1/3 cup of mixture into each muffin liner. Bake for 20-25 minutes or until the center of the muffin is completely cooked.

Enjoy

Chocolate Chia Pudding

Servings: 8

Total Cost: \$26.30

Cost Per Serving: \$3.00

Ingredients:

¼ cup - Unsweetened Cocoa Powder

5 tbsp - Maple Syrup

½ tsp Ground Cinnamon (optional)

1 pinch - Sea Salt

1 ½ cups – milk

½ cup - Chia Seeds

Preparation time: 5 minutes

Energy content per serving: 172kcal

Macronutrients per serving:

Fat - 8g

Protein - 4.7g

Carbohydrate - 22g

Directions:

1. To a small mixing bowl add cacao powder (sift first to reduce clumps), maple syrup, ground cinnamon, salt, and vanilla and whisk to combine. Then add a little milk at a time and whisk until a paste forms. Then add remaining dairy-free milk and whisk until smooth.
2. Add chia seeds and whisk once more to combine. Then cover and refrigerate overnight, or at least 3-5 hours (until it's achieved a pudding-like consistency). It may also be helpful to give the mixture an extra whisk/stir once it has been in the refrigerator for 30-45 minutes.
3. Leftovers keep covered in the fridge for 4-5 days, though best when fresh. Serve chilled with desired toppings, such as fruit, granola, or coconut whipped cream.



Lunch

A stylized sun with a circular face made of vertical lines, surrounded by small, teardrop-shaped rays. The sun is positioned behind the word "Lunch", which is written in a dark green, cursive font.

Beef Chili

Ingredients:

2 cup Frozen corn
1/2 cup Barbeque sauce
1 cup Chicken broth
156 mL Tomato paste
796 mL Canned diced tomato
590 mL Canned dark red kidney beans
540 mL Canned black beans
1/2 Large white onion
1 lb lean Ground beef
1 1/2 tbsp Chili powder
1 tsp Garlic powder
2 tbsp Hot sauce (optional)
1 tsp Worcestershire sauce
1 1/2 tbsp Tex-Mex seasoning
1 tbsp olive oil

Servings: 6 **Total Cost:** \$12.93 **Cost Per Serving:** \$2.16

Preparation time: 1 hour 20 minutes

Energy content per serving: 419kcal

Macronutrients per serving:

- Fat - 8.2g
- Protein - 27.9g
- Carbohydrate - 52.3

Directions:

1. Warm olive oil in a pan on stovetop over medium heat
2. Dice onion into approximately 1cm pieces and add to pan. Cook until translucent stirring occasionally
3. Transfer onion to large pot and add ground beef to pan. Cover ground beef with 1/2 tbsp of chili powder and 1/2 tbsp of tex-mex powder. Cook until browned, stirring occasionally
4. Transfer ground beef and onion mixture to a large pot. Drain and rinse kidney and black beans. Add corn, BBQ sauce, chicken broth, tomato paste, hot sauce, and remaining chili powder and tex-mex seasoning to pot. Cook over medium heat for 45 minutes to 1 hour, stirring every 3-5 minutes. Chili should thicken.

Enjoy

Curried Chicken Casserole

Ingredients:

- 2 medium chicken breasts
- 3/4 cup celery
- 1/2 large white onion
- 3 tbsp melted margarine
- 4 tbsp curry powder
- 2 cans (298g each) cream of chicken soup
- 1 can (540mL) pineapple tidbits
- 1/4 of a baguette
- 1/2 cup unsweetened shredded coconut

Preparation time: 1 hour 20 minutes

Energy content per serving: 494kcal

Macronutrients per serving:

- Fat - 30.4g
- Protein - 25.3g
- Carbohydrate - 30.2g

Servings: 6

Total Cost: \$16.82

Cost Per Serving: \$2.80

Directions:

1. Preheat oven to 350 degrees Fahrenheit
2. Cube chicken breasts into 2cm x 2cm pieces. Cook in a non-stick pan over medium heat until chicken is white all the way through. Once cooked place chicken into a casserole dish.
3. Dice celery and onion into small pieces.
4. Add 1tbsp of margarine to a non-stick frying pan. Add onion and celery to the pan. Sautee over medium heat until translucent.
5. Add the celery, onion, cream of chicken soup, pineapple tidbits, and curry powder to the casserole dish with the chicken. Stir until all ingredients are evenly distributed.
6. Cube the baguette.
7. Top the casserole mixture with cubed baguette, coconut, and remaining margarine.
8. Place casserole dish in the oven, baking for 1hour.

Enjoy

One Pot Pasta

Servings: 6

Total Cost: \$17.33

Cost Per Serving: \$2.89

Ingredients:

1tbs olive oil

1lb of chicken (breast or thigh) cut or shredded

Salt and pepper

½ cup diced onion

2-3 cloves minced garlic

1tsp Italian seasoning

14oz can of diced tomatoes (drained)

3 cups chicken broth

1 cup heavy cream

12 oz pasta

To bake - cook pasta to al dente, put into baking dish and add mozzarella on top. Bake at 350 Fahrenheit for 3-5 mins

Preparation time: 30 minutes

Energy content per serving: 338kcal

Macronutrients per serving:

- Fat - 19.3g
- Protein - 29.3g
- Carbohydrate - 50.4

Directions:

1. Cook chicken with salt and pepper and then set aside.
2. Add olive oil, onion, and garlic to a pan and cook until onion is translucent
3. Add seasonings, 3 cups of broth, can of tomatoes and cream. Bring to a boil.
4. While waiting for liquid to boil dice or shred the chicken.
5. Add pasta, let simmer for 15 minutes or until pasta is tender.
6. Add chicken back into pasta, mix.

Enjoy

Grilled Cheese & Soup

Ingredients:

Bread

Cheese

Butter Substitute

Optional: Sliced Chicken

Canned Soup

Servings: 6 Total Cost: \$21.86 Cost Per Serving: \$2.17

Directions:

1. Butter outside pieces of bread
2. Assemble cheese sandwich with butter facing out
(add slice of chicken for extra protein)
3. Boil soup per the instructions on the can

soup 1 serving = 1 cup

Enjoy

Preparation time: 10 minutes

Energy content per serving: 338kcal

Macronutrients per serving:

- Fat - 14.3g
- Protein - 6.6g
- Carbohydrate - 15.1g



Black Bean and Rice Enchiladas

Ingredients:

- 1 tbsp Olive Oil
- 1 Red Pepper, Chopped
- ½ an Onion, Chopped
- 3 cloves Garlic, minced
- 1 Can Black Beans, rinsed and drained
- 1 Can diced Tomatoes and Green Chili
- ¼ Cup Salsa
- 1 tbsp Chili powder
- 1 tsp ground Cumin
- ¼ tsp Red Pepper Flakes

Servings: 10

Total Cost: \$16.27

Cost Per Serving: \$1.63

1 ½ Cups cooked Rice (¾ Cups uncooked Rice)

8 flour Tortillas

1 Cup Salsa

2 Cups Shredded Cheese

2 Green Onions chopped

¼ cups Cheddar Cheese

Preparation time: 30 minutes

Energy content per serving: 342kcal

Macronutrients per serving:

- Fat - 15.4g
- Protein - 13.8g
- Carbohydrate - 37.3g



Black Bean and Rice Enchiladas

CONT.

Directions:

Preheat oven to 350 Fahrenheit. lightly grease a 9x13 inch baking dish.

Heat oil in large skillet over medium heat; cook and stir red pepper, onion, and garlic until tender, about 7 minutes. Stir in beans tomatoes, salsa, chili powder, cumin, and red pepper flakes; Bring to a boil. Reduce heat to low and simmer, uncovered, until heated through and mixture thickens, about 5 minutes. Fold in rice and 1 cup of Cheddar cheese; Cook until heated through, about 5 minutes.

Spoon a rounded $\frac{1}{2}$ cup of bean mixture down the center of each tortilla. Fold sides over filling and roll up. Place enchiladas seam side down in baking dish; spoon salsa over each tortilla. Cover baking dish with aluminum foil.

Bake in preheated oven for 25 minutes. Uncover and sprinkle with green onion and $\frac{1}{4}$ cup of Cheddar cheese. Bake until cheese is melted, 2 to 3 minutes.



Tuna Melt

Servings: 8

Total Cost: \$24.00

Cost Per Serving: \$3.00

Ingredients:

Loaf white or brown bread

1 small Onion (peeled and diced)

1 can tuna (drained)

2 cup mozzarella Cheese (shredded)

1 cup mayonnaise

Preparation time: 30 minutes

Energy content per serving: 483kcal

Macronutrients per serving:

- Fat - 28g
- Protein - 24g
- Carbohydrate - 34g

Directions:

1. Preheat oven to 350 degrees Fahrenheit (175 degrees C).

2. In a mixing bowl, combine sweet onion, drained tuna, mozzarella, and mayonnaise. Mix thoroughly.

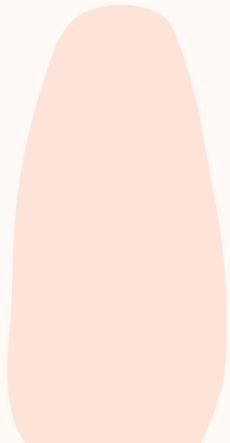
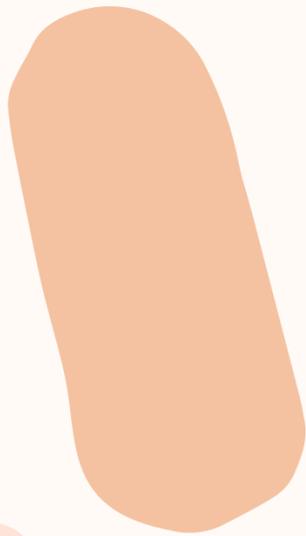
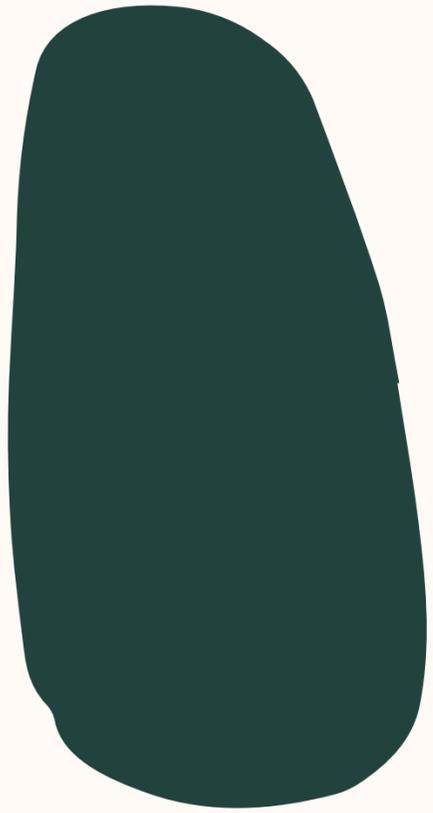
3. Spread tuna mixture on slices of bread to form a sandwich. Place sandwiches on a cookie sheet.

4. Bake in a preheated oven for 10 minutes.

Enjoy



Dinner



Shipwreck Casserole

Servings: 4 Total cost: \$8.52 Cost per serving: \$2.13

Preparation time: 2hours 30 mins

Calories per Serving: 450kcal

Macronutrients per serving: fat - 13.4g, protein - 28.7g carbohydrates - 45.9

Ingredients:

2 Medium yellow onions
2 Medium potatoes
1lb lean ground beef
1/2 cup uncooked basmati rice
1/2 cup sliced carrots
1 cup chopped celery
1 can (284mL) condensed tomato soup
boiling water
1 tbsp Paprika
Table salt
Ground black pepper
1tbsp margarine

Directions:

1. Preheat oven to 350 degrees Fahrenheit
2. Use margarine to grease large casserole dish
3. Peel and slice onions and potatoes into 1/4 inch thick rounds
4. Mix tomato soup and boiling water together in a small bowl, whisking until well combined
5. Brown beef over medium heat
6. Evenly cover the bottom of the casserole dish with onions. Top with 1/2 tsp of paprika and salt and pepper to taste

Shipwreck Casserole **CONT.**

Directions:

7. Evenly layer potatoes over the onions. Top with 1/2tsp of paprika and salt and pepper to taste. cont.

8. Evenly layer the ground beef over the potatoes. Top with 1/2 tsp of paprika and salt and pepper to taste

9. Pour 1/2 of the soup mixture over the ground beef

10. Cover the ground beef and soup mixture with the basmati rice. Top with 1/2 of paprika and salt and pepper to taste

11. Evenly layer the carrots over the rice. Top with 1/2 tsp of paprika and salt and pepper to taste

12. Evenly layer the celery over the carrots. Top with 1tsp of paprika and salt and pepper to taste

13. Cover celery with the remaining soup mix

14. bake covered in the oven for 2 hours

Enjoy

Kale Mash

Servings: 4

Cost per serving: \$5.61

Preparation time: 45mins

Ingredients:

4 Potatoes

2 Bunches of Kale

Johnson I'll Mild Italian Sausage

Butter

Directions:

1. Chop potatoes into halved medallions, boil until soft (30-40min)
2. strip kale leaves off stem, boil in water until soft (30-40min)
3. While kale and potatoes are boiling, in a frying pan cook the sausages.
4. Once potatoes and kale are soft, strain water from both pots. Place cooked kale in the same pot as the potatoes. Mash thoroughly.
5. Once mashed, add melted butter and cooked sausage.

Orange Chicken

Servings: 6 Total cost: \$17.4 Cost per serving: \$2.90

Ingredients:

1lb of chicken thighs
1 can of tomato soup
1 can of cream of mushroom
Rice

Preparation time: 45-60 minutes

Calories per Serving: 492kcal

Macronutrients per serving:

Fat - 24.2g

Protein - 38.5g

Carbohydrates - 52.1

Directions:

1. Put chicken thighs into a baking dish (make sure chicken is thawed).
2. In a bowl mix together the tomato and cream of mushroom soup. Then add mixture to baking dish with chicken. Ensure chicken is completely coated.
3. Put in oven covered for 45 minutes.
4. While chicken is baking, cook rice according to package.
5. When done cooking dish up rice and top with chicken and sauce

Enjoy

Sweet & Sour Spareribs

Ingredients:

- 2lbs pork spareribs
- 1/2 tsp table salt
- 1tsp ground pepper
- 1 jar (750mL) mixed vegetable pickles and brine
- 3 tbsp brown sugar
- 1/2 cup vinegar
- 1 tsp dry mustard
- 1 tsp all-purpose flour

Preparation time: 1 hour 45 minutes

Calories per Serving: 585 kcal

Macronutrients per serving:

Fat - 40.7g

Protein - 41.2g

Carbohydrates - 32.6g

Servings: 6 **Total cost:** \$11.14. **Cost per serving:** \$1.86

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Cover spareribs with salt and pepper and brown in a non-stick frying pan over medium heat.
3. Add pickles in brine to pan and cook for 5min, stirring occasionally.
4. In a small bowl whisk together mustard, brown sugar, flour, and vinegar. Then add contents to pan, cooking for 5minutes.
5. Transfer pan mixture to casserole dish. Cover casserole dish and bake for 1hour.

Enjoy!

Baked Cheese and Broccoli Patties

Servings: 4 **Total cost:** \$7.07 **Cost per serving:** \$1.77

Ingredients:

2 tsp Vegetable Oil
2 Garlic cloves minced
½ Onion chopped
1 bag of frozen Broccoli, defrosted
¾ cup Panko Breadcrumbs
½ cup Cheddar Cheese
1/3 cup of Parmesan Cheese
2 Eggs, beaten
Salt and pepper

Preparation time: 45 minutes

Calories per Serving: 306.8kcal

Macronutrients per serving:

fat-13.2g

protein - 15.6g

carbohydrates - 34.1g

Directions:

Preheat oven to 400 Fahrenheit. Lightly grease a baking sheet lined with aluminum foil.

Heat the oil in a small pan over medium heat, add garlic and onions. Season with Salt and Pepper to taste. Sauté until onions and garlic are tender, set aside to cool. Add the Broccoli to a kitchen towel. Wrap the towel around the broccoli and squeeze out the extra moisture. Pour the drained broccoli into a large bowl, add the onion and garlic and mix gently.

To the same bowl, add the panko, the cheese, eggs, and salt/pepper to taste. Mix together and form into patties, place on the prepared baking sheet. Bake in the preheated oven for 15 minutes. Flip and bake for another 15 minutes or until browned and crispy.



Fried Rice

Servings: 6

Total cost: \$12.50

Cost per serving: \$2.15

Ingredients:

- 3 tbsp Vegetable Oil
- 4 cups Rice (cooked, cooled)
- 3 tbsp Soy Sauce
- 1 tsp Salt
- 1 tsp Pepper
- 2 cups Peas/carrots (frozen, and diced carrots blend)
- 3 Eggs (larges, light beaten)

Preparation time: 15 minutes

Calories per Serving: 281kcal

Macronutrients per serving:

fat - 12g

protein - 8g

carbohydrates - 36g

Directions:

1. In a large skillet, pan fry the veggies in the oil until soft. Push the vegetable mixture to the side of the skillet.
2. Add the eggs and scramble eggs.
3. Stir in the rice, soy sauce and other seasonings.
4. Stir rice and veggie together and cook until thoroughly heated.

Sweet & Sour Meatballs

Servings: 6

Total cost: \$18.90

Cost per serving: \$3.15

Preparation time: 30 minutes

Calories per Serving: 229kcal

Macronutrients per serving:

fat - 6.7g

protein - 23.9g

carbohydrates - 15.8g

Directions:

1. In a bowl mix together breadcrumbs, ground meat, and egg. Mix until combined
2. Form into balls and then add to frying pan or to oven at 350 F
3. While meatballs are cooking mix together brown sugar, soya sauce, and vinegar
4. Once meatballs are browned add sauce into pan and cook until thickened

Enjoy

Ingredients:

1/2 cup Brown Sugar

2tbsp Soya Sauce

3/4 cup White Vinegar

1lb Ground Hamburger or Pork

1 Egg

1/4 cup Bread Crumbs

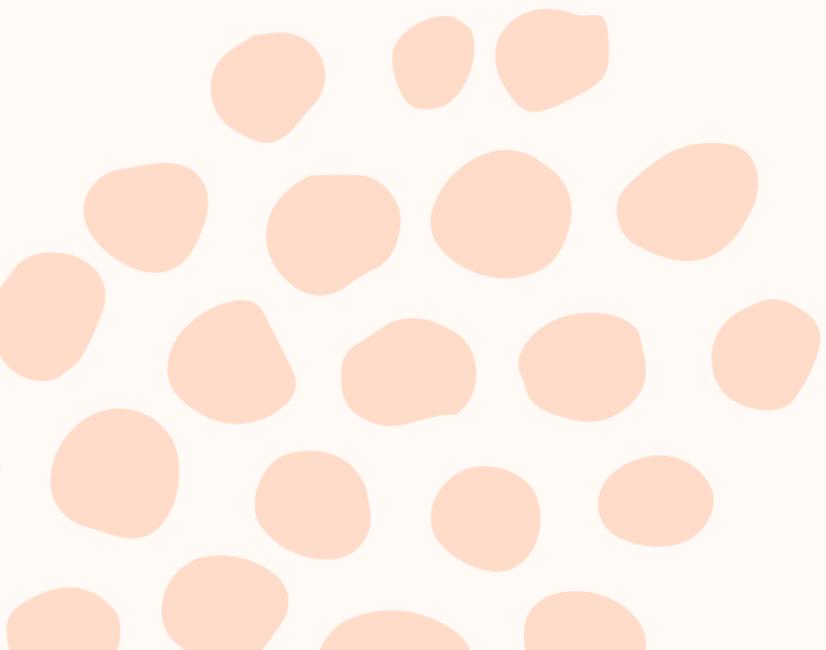
Note:

Can add overtop rice or noodles of choice

Can add in canned pineapple with 1/4 cup pineapple juice and reduce vinegar to 1/2 cup



Snacks



Protein "Cheesecake" Dip

Ingredients:

100g banana or berry flavoured Greek Yogurt

1 scoop chocolate protein powder

1-2tbsp smooth peanut butter

Directions:

1. Combine ingredients in small bowl and stir until smooth
- Enjoy!

Servings: 1 Total cost: \$2.98

Preparation time: 2 minutes

Energy content per serving: 310kcal

Macronutrients per serving:

- Fat - 10g
- Protein - 39g
- Carbohydrate - 17g

Puffed Wheat Squares

Ingredients:

- 1/2 cup butter
- 2 cup corn syrup
- 1 cup brown sugar packed
- 6 tbsp cocoa
- 1/4 tsp vanilla
- 6-10 cups puffed wheat

Directions:

1. Combine butter, syrup, sugar, cocoa, and vanilla in a saucepan. Bring to a boil over medium heat and boil for approx. 4 minutes constantly stirring.
2. Put 6 cups puffed wheat in a bowl and pour mixture ovetop. Add additional puffed wheat for a more firm square.
3. After combining put mixture in a baking dish and let cool
4. Enjoy

Servings: 8 **Total cost:** \$2.98

Preparation time: 15 minutes

Energy content per serving: 431kcal

Macronutrients per serving:

- Fat - 12.2g
- Protein - 2.2g
- Carbohydrate - 86.1g

Yogurt Parfait

Ingredients:

Liberte Greek Yogurt
Frozen Berries
Granola

Directions:

1. Take on the go or eat at home. Scoop $\frac{1}{2}$ cup of Greek yogurt, add berries, granola if you like.

Enjoy

Servings: 1

Total cost: \$13.47 Cost per serving: \$3.74

Preparation time: 5 minutes

Energy Content per serving: 145kcal

Macronutrients per serving:

- Fat - 5.8g
- Protein - 11.5g
- Carbohydrate - 13g

Spanish Rice

Ingredients:

2 cups rice

1 cup cooked beef

¼ cup soy sauce

2 cups pasta sauce

2 tablespoons seasoning salt

Preparation time: 30 minutes

Calories per Serving: 311kcal

Macronutrients per serving:

fat - 5.3g

protein - 11.4g

carbohydrates - 54.2g

Servings: 6 **Total cost:**

Cost per serving:

Directions:

Cook meat in pot over medium to high heat.

Add 4 cups of water and 2 cups of rice in a pot, bring to a boil, and then let simmer on medium heat for approx. 10 mins.

Mix all ingredients together.



Chickpea Salad

Ingredients:

- 1 can chickpeas (drained)
- 1 cucumber
- 1 tomato
- ½ red pepper
- 1/4 cup red onion
- 1 lemon (juiced)
- ¼ teaspoon – Salt

Preparation time: 20 minutes

Calories per Serving: 159kcal

Macronutrients per serving:

fat - 3g

protein - 8g

carbohydrates - 27g

Servings: 3 **Total cost:** \$7.50 **Cost per serving:** \$2.50

Directions:

1. Chop up the vegetables into bite size pieces and mix into a bowl with the chickpeas.
2. Chop the parsley and mix with the lemon juice and salt.
3. Pour the lemon juice and parsley mixture over the salad and toss to combine.
4. Refrigerate until ready to serve.

Rice Cereal Treats

Ingredients:

- 1/4 cup margarine
- 1 bag (400g) mini marshmallows
- 1/2 tsp of vanilla extract
- 5 cups of rice cereal

Preparation time: 20 minutes

Calories per Serving: 96kcal

Macronutrients per serving:

fat - 4g

protein - 0.7g

carbohydrates - 13.9g

Note:

This recipe is very sticky to make! For best results use a rubber spatula to stir the marshmallows and combine ingredients, and use a fork periodically dipped in cold water to press cereal treats into the pan.

Servings: 12 **Total cost:** \$4.41 **Cost per serving:** \$0.37

Directions:

1. Melt margarine in a large pot over medium heat.
2. Add marshmallows to melted margarine, stirring continuously until melted.
3. Remove mixture from heat and stir in vanilla extract and rice cereal.
4. Press rice cereal mixture into 9 inch x 13 inch pan.
5. Cover and leave to set on counter or in refrigerator until firm (approximately 3-6 hours).
6. Cut into 12 even rectangles.
Enjoy!



*Thank
you*

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