## Pumpkin Spice Krispie Treats

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If you cut into 12 servings, they are 2 points on all plans

If you cut into 9 servings, they are 3 points on all plans

- 1 1/2 Tbsp light butter
- 2 cups mini marshmallows
- 1/4 tsp pumpkin pie spice
- 1/4 tsp cinnamon
- 1/8 cup pure pumpkin puree thoroughly drained!!! See note below!
- 3 cups crisp rice cereal
- 1. In a pot, melt butter over low heat.
- 2. Stir in marshmallows and stir over low heat until completely melted and smooth.
- 3. Remove from the heat.
- 4. Stir in pumpkin pie spice, cinnamon and drained pumpkin puree until well incorporated.
- 5. Add 1/2 of the crisp cereal, mix well. Add the rest and mix until well combined.
- Spray a 9×9 baking dish with non stick spray (I use butter flavor).
- 7. Put a little butter on your hands and press marshmallow

cereal mixture into dish until even and touching all sides. Let sit until it sets. \*These bars are SOFT! If you do not want them soft, but crunchier — more like a traditional rice cereal treat, double the pumpkin pie spice and leave out the pumpkin puree!\*

8. NOTE: YOU MUST DRAIN THE PUMPKIN! I put a coffee filter in a mesh sieve, put the pumpkin in, put a coffee filter on top and put a can on pumpkin on top to weigh it down (See video). I let it sit for 45 minutes, pressing down the can each time I walked by.