

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.
6. 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.