

# Stovetop Popcorn

## Instructions:

1. In a large saucepan, combine oil and kernels. Cover the saucepan and shake to evenly distribute the kernels. Still covered, place over medium heat. Shake the pot every few seconds to prevent the kernels from getting too hot and burning. It should take about a minute for the kernels to heat up and pop.
2. Once the kernels start to pop, tip the lid just a little so that the steam can escape the saucepan.
3. After all the kernels are done popping, place the popcorn into a bowl and sprinkle salt and melted butter on top if desired, shaking the bowl while sprinkling to help coat the popcorn evenly.

## Ingredients:

- ½ cup popcorn kernels
- 2 tablespoons extra-virgin olive oil  
OR coconut oil
- Salt, to taste
- Melted butter (optional)

# Rice Cereal Treats

## Instructions:

1. Spray a 9×12-inch pan with cooking spray and set aside.
2. Heat a large saucepan on low heat.
3. Melt butter, being sure to coat the bottom of the pot to prevent sticking.
4. Add marshmallows and melt on low.
5. Stir until completely melted, then remove from heat.
6. Add rice cereal to the melted marshmallows and stir until completely combined.
7. Press into the buttered pan with wax paper and cut them into 16 pieces.

## Ingredients:

- 2 tablespoons butter
- 4 cups mini marshmallows
- 6 cups rice cereal
- Cooking spray



# Peanut Butter Cereal Bars

## Instructions:

1. In a large microwave-safe bowl, melt the marshmallows and butter for 60 seconds or until fully melted.
2. Mix in peanut butter and one cup of chocolate chips until smooth and well combined.
3. Mix in six cups Cheerios until well coated.
4. Spread in a greased 9×13 pan and sprinkle the additional 1/2 cup chocolate chips on top.
5. Let set then cut into bars and enjoy.

## Ingredients:

- 6 cups Cheerios
- 2 tablespoons butter
- 10 ounces marshmallows
- 1/3 cup peanut butter
- 1½ cups milk chocolate chips