St. Patrick’s Cereal Bars

2 tablespoons margarine
20 regular marshmallows
5 cups crisp rice cereal
2 tablespoons green colored gelatin

Melt margarine in a large saucepan over low heat. Add marshmallows and gelatin and stir until completely melted. Remove from heat and add cereal, stirring until coated. Press mixture into a greased 11” x 7” pan. Cut into bars when cool.

Microwave instructions:
Combine margarine and marshmallows in 2-quart glass, microwave-safe bowl. Microwave (high), uncovered, 2 1/2 to 3 minutes or until marshmallows are puffed. Add green gelatin; mix until combined. Stir in cereal until well coated. Press mixture into a greased 11” x 7” pan. Cut into bars when cool.

Nutrition facts per bar: 90 calories, 1 gm fat, 0 mg cholesterol, 95 mg sodium, 18 gm carbohydrate

Shamrock Shakes

1 ripe banana
2 cups lime sherbet
2 cups 2% milk

Blend all ingredients together in a blender.

Makes 4, 3/4-cup servings

Nutrition facts per serving: 200 calories, 4 gm fat, 15 mg cholesterol, 100 mg sodium, 36 g carbohydrate.