Get Up & Move!

Valentine Treat

3 tablespoons butter
1 package (10 ounces) large marshmallows
6 cups crisp rice cereal
½ cup raisins or dried cherries
½ cup dried cranberries
Red food coloring

In a large saucepan, combine butter and marshmallows. Cook and stir over medium-low heat until melted.

Remove from the heat; stir in a few drops of red food coloring, the cereal and dried fruit.

Pat into a 15-inch x 10-inch jelly roll pan coated with nonstick cooking spray; cool.

Use heart-shaped cookie cutter to cut into Valentine’s Day treats.

Makes approximately 20 hearts.