



EATING SMART
BEING ACTIVE

Christmas Cornflake Wreaths

Makes: 24 servings (1 wreath per serving)

Preparation Time: 20 minutes

Cooking Time: 5 minutes

Ingredients

½ cup butter

5 heaping cups mini marshmallows, or about 52 large marshmallows

1 teaspoon green food coloring

6 cup cornflakes cereal

½ cup red hots, or small red cinnamon candies

Directions

1. Measure cornflake into a large bowl.
2. Melt butter in a large saucepan over low heat. Once melted, added the marshmallows and stir continuously until completely melted. Stir in food coloring.
3. Pour melted marshmallows mixture over cornflakes. Stir until well coated.
4. Layout a piece of parchment paper on your kitchen counter. Dollop spoonful of the cornflake mixture onto the parchment paper.
5. Grease your (clean) hands greased with butter or cooking spray, or dip them in a little bit of water. Use your fingers to shape each spoonful into an individual wreath.
6. Top each wreath with cinnamon candies.

Notes: Store in an airtight container at room temperature for up to 1 week or freeze for up to 3 months.

Nutrition Facts	
24 servings per container	
Serving size	1 wreath (23g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 2mg	10%
Potassium 35mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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