

Equipment

- Mixing bowl and spoon (or Thermomix)
- Microwave, stove-top or Thermomix
- Rectangular slice tin 18cm x 28cm (7 x 11 inches)

Ingredients

- 200 g marshmallows see notes
- 75 g butter
- 165 g (5 cups) rice bubbles or any puffed rice
- 100s and 1000s/sprinkles to decorate, optional

Instructions

1. Line the base and sides of an 18cm x 28cm (7 x 11 inches) rectangular slice with baking paper and set aside.
2. Place the marshmallows and butter into a large microwave safe bowl. Melt in the microwave on 50% power for 2 minutes (or until just melted), stirring every 30 seconds.
If using a Thermomix: Cook the marshmallows and butter for 4 minutes, 80 degrees, Speed 1 (scrape down the sides of the bowl after 2 minutes).
3. Add the rice bubbles to the marshmallow mixture and stir until all of the rice bubbles have been coated in the marshmallows.
If using a Thermomix: Add the rice bubbles to the bowl and mix for 1 minute 30 seconds, Speed 1, Reverse (using the spatula to help mix).
4. Press the mixture into the prepared tin and sprinkle with 100s and 1000s.
5. Chill in the fridge for a minimum of 2 hours.

Notes

RECIPE NOTES & TIPS

- Always use a **new, unopened box of Rice Bubbles** for maximum crunch.
- Work quickly when mixing the marshmallow mixture through the cereal — it sets fast.
- To stop sticking, **grease your spatula or hands lightly with butter** before pressing into the tin.
- Use a piece of baking paper to press the mixture down firmly and evenly into the tin — it stops the mixture sticking to your spoon or hands and helps the slice hold together when cut.
- Slice the bars while still slightly soft (after chilling for 1–2 hours), for neat, clean edges.
- Store in an **airtight container** in the fridge for up to 1 week.

- Freeze in individual portions in ziplock bags for up to 3 months. Defrost in the fridge overnight or pop straight into lunchboxes to thaw by recess.
- For parties, cut into **mini squares** so you get more servings out of one batch

Nutrition

Calories: 285kcal | Carbohydrates: 60g | Protein: 4g | Fat: 4g | Saturated

Fat: 2g | Polyunsaturated Fat: 0.3g | Monounsaturated Fat: 1g | Trans

Fat: 0.1g | Cholesterol: 8mg | Sodium: 35mg | Potassium: 70mg | Fiber: 1g | Sugar: 6g | Vitamin

A: 94IU | Calcium: 7mg | Iron: 2mg