Lucky Charms Bars

Makes: 2 dozen
12 servings

Ingredients:
- 3 tablespoons butter
- 1 teaspoon vanilla extract
- 4 cups of miniature marshmallows
- 4 cups lucky charms (or crisp rice cereal)

Directions:
1. Coat a 9 x 13-inch pan with margarine or cooking oil.
2. Over low heat in a large saucepan, melt the butter and then add the vanilla.
3. Melt the marshmallows by stirring into the butter.
4. Once the marshmallows have melted, add the lucky charms (or the cereal of your choosing).
5. Once the cereal is coated, pour it onto the pan and use a piece of wax paper to press the mixture down until it is flat.
6. Let the mixture harden for approximately 2 to 3 hours and then cut into squares (or any shape)!

Don’t forget to share your bars with Southern Food and Beverage Museum. Email Jennie at jennie@southernfood.org!

Activity: Lucky Charms Bars

Complete the crossword puzzle below

Grains are most commonly found in cereals as well as other products that you can find in the kitchen!

Fill in the cross word puzzle with these common grains!

ACROSS
- Barley
- Buckwheat
- Oats

DOWN
- Cornmeal
- Rye
- Rice
- Wheat

Now we know some common grains, look at the ingredients on the side of a cereal box and list the grain found in the cereal!

1) Cereal Name: __________________________________________________________________________
   Grain or grains in the cereal: ______________________________________________________________

2) Cereal Name: __________________________________________________________________________
   Grain or grains in the cereal: ______________________________________________________________

3) Cereal Name: __________________________________________________________________________
   Grain or grains in the cereal: ______________________________________________________________
Exit ticket: Lucky Charms Bars

1. What cereal did you use?
   ________________________________________________________________
   ________________________________________________________________

2. What was your favorite part of the recipe today?
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________

3. List 3 types of grains you learned about today (look at the entrance ticket if you forgot!)
   a. ____________________________________________________________________
   b. ____________________________________________________________________
   c. ____________________________________________________________________

4. What are some other foods that contain grains? Look in your kitchen and make a list of five items!
   a. ____________________________________________________________________
   b. ____________________________________________________________________
   c. ____________________________________________________________________
   d. ____________________________________________________________________
   e. ____________________________________________________________________

Exit ticket: Lucky Charms Bars