Homemade Cereal Bars
Cheap, Fast, and Healthy – November 2013

Ingredients:
- 1 cup cereal
- 2 tablespoons marshmallows
- Cooking spray

Directions:
1. Lightly spray a microwavable bowl with cooking spray.
2. Add cereal and marshmallows to bowl. Mix well.
4. Let mixture stand for one minute.
5. Mold chunks of mixture into bar shape.
6. Let stand a couple minutes to set.

Homemade Peanut Butter

Ingredients:
- 1 cup oven roasted peanuts
- Food processor

Directions:
1. Add peanuts to food processor. Blend until smooth.
   *This may take up to five minutes.