

# PROTON POPS

- 6 cups Trix cereal
- 5 cups marshmallows
- 4 tbsp grapeseed oil (butter substitute)
- Gluten-free pretzel sticks

(NOTE: Vanilla omitted from original recipe, as it may contain gluten.  
Grapeseed oil used in place of cooking spray.)



- Heat oil over medium heat. Add marshmallows and stir until melted.
- Remove from heat and stir in cereal.
- Grease a large scoop with grapeseed oil. Scoop out mixture into muffin liners or onto waxed paper.
- Add popsicle sticks to each cereal ball before serving.
- Store in airtight container.