



PEA SNAPS... Rice Crispie Squares for a 'regular' kid

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Constipation in childhood is a painful condition that can be difficult to treat. It is estimated that 3-5% of visits to pediatricians are primarily about constipation, which may be a symptom of celiac disease.

Carla Flogan from the University of Saskatchewan has published an MA thesis titled "Fiber fortification to increase stool frequency in children with a history of constipation". As part of her bowel-friendly program, she has developed appealing recipes that include BEST Pea Fiber for children with a history of constipation.

PEA SNAPS previously featured Carla's Chocolate Chip Cookie Recipe. This time we are pleased to bring you Rice Crispie Square with 2.5 grams of dietary fibre and 120 calories per serving.

Kellogg's Rice Krispies were introduced to the American public in 1928. In 1941, two Kellogg's employees, Mildred Day and Mallita Jensen, developed Rice Krispie Squares for a Camp Fire Girls bake sale. Seventy years later, try to find a child in North America who has never enjoyed one!



Rice Crispie Squares

2 $\frac{3}{4}$ cups rice crisps
2 $\frac{1}{2}$ cups marshmallows
2 $\frac{1}{2}$ tbsp butter/margarine
 $\frac{1}{8}$ tsp vanilla
2 $\frac{1}{2}$ tbsp BEST Pea Fiber

Put the butter/margarine in a largish saucepan and then warm on the stove top, medium heat, until liquid. Add the marshmallows and continue with heating until they are melted. Remove from the stove top. Add the vanilla and BEST Pea Fibre and mix well. Then add the rice crisps to the saucepan. Press into a greased 8" x 8" pan. Cool and cut into 9 bars.

Nutrition facts for a single Rice Crispie Square:

Calories:	120 Kcal
Total Fat:	3.5 g
Saturated Fat:	1.5 g
Protein:	1 g
Carbohydrates:	23 g
Cholesterol:	8 mg
Sodium:	35 mg
Potassium:	35 mg
Folic Acid:	2 ug
Total Fibre:	2.5g

Other simpler ways to add BEST Pea Fiber to your children's diet include blending a small amount into mashed potatoes, or sprinkling in soups and spaghetti sauce. Use it instead of breadcrumbs in burgers, meat loaf or fishcakes. It is important to be sparing as there is 25 grams of dietary fiber in just 4 tablespoons of BEST Pea Fiber. It doesn't take much to make a difference!

Thank you to Gwen for the gluten-free Puff Pastry recipe, and to all the other readers who have sent in comments and questions.

For US readers, please remember that [BEST Pulse Flours and Pea Fiber](#), as well as [Yumpeez](#), are available on Amazon. As well as [Barbecue](#), [Dill Pickle](#), we now offer the *new* larger-size [Naked Yumpeez](#) for throwing on salads and soups, or for replacing nuts in baking.

Here's to a healthier you in 2012!
Margaret

BCP PORTAGE: 124 – 10th St NE, Portage la Prairie
Manitoba, Canada R1N 1B5
TEL (204) 857-4451 **FAX** (204) 239-6885

BCP ROWATT: RR#3, Site 10, Module 3, Compartment 13
Rowatt, Saskatchewan, Canada S4P 2Z3
TEL (306) 586-7111 **FAX** (306) 586-4848

www.bestcookingpulses.com