Scotchodiles

Makes 40 servings

Ingredients

1 ¼ cup margarine (or butter*)
⅓ cup plus ½ cup creamy peanut butter
1 teaspoon vanilla extract
1 large egg
2 ¼ cup flour
½ teaspoon salt (you may cut in half or omit*)
1 cup mini semi-sweet chocolate chips
2 cups crispy rice cereal
1 cup butterscotch chips

Directions

1. In a large bowl combine the brown sugar, margarine, ⅓ cup of the peanut butter, vanilla and egg. Blend well.
2. Add the flour and salt. Mix well. Press the dough mixture into a 9 x 13 inch baking pan. Bake for 15-20 minutes or until light golden brown. Cool slightly.
3. In a medium sauce pan over low heat, melt chocolate chips. Stir in ½ cup peanut butter and rice cereal. Spread over the slightly cooled crust. Cut into 40 pieces.

*Option not included in nutrition facts.

TIP

The definition of dessert is a sweet at the end of a meal. Dessert should be a small serving to reduce the fat and sugar you consume.

= low sodium

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Nutrition Facts

Serving Size 1 piece (39g)
Servings Per Container 40

Amount Per Serving

Calories 190 Calories from Fat 100

	% Daily Value*
Total Fat 11g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 135mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 3g	

Vitamin A 4% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: Wheat, milk, egg, soy, peanut.
Carb choices per serving: 1 ½