



ParshaPlates is a concept and website - parshaplates.com - which makes a Parsha Connection between the weekly sedra and a recipe for your Shabbat Table that will hopefully trigger conversation about Parshat HaShavua, in addition to providing a tasty treat in honor of Shabbat.

Standing Rice Crispy Treats

This week's parsha is Nitzavim. Nitzavim means standing. This parsha describes how all of us stand before Hashem. Therefore, the food of the week is standing rice crispy treats. Rice crispy treats were molded into the shape of people, which are standing on a plate.

Shabbat Shalom & B'tayavon!
SHANA TOVA UMTUKA

Ingredients

- 3 Tablespoons of butter
- 1 cup of marshmallows
- 2 cups of rice cereal
- 1 Tablespoon of chocolate chips

Instructions

- 1] Use a large skillet (or pot) and put it on low heat.
- 2] Add butter to the skillet until melted.
- 3] Add marshmallows and stir occasionally for about 5 minutes until melted.
- 4] Remove the skillet from the heat.
- 5] Add in the rice cereal (rice crispy cereal) to the mixture and mix it all together.
- 6] Place the mixture onto a sprayed large baking sheet
- 7] With your hands, a gingerbread cookie cutter, or a knife carefully mold the mixture to look like people (see photo).
- 8] Add in chocolate chips (such as to make the eyes of the standing rice crispy treat).

