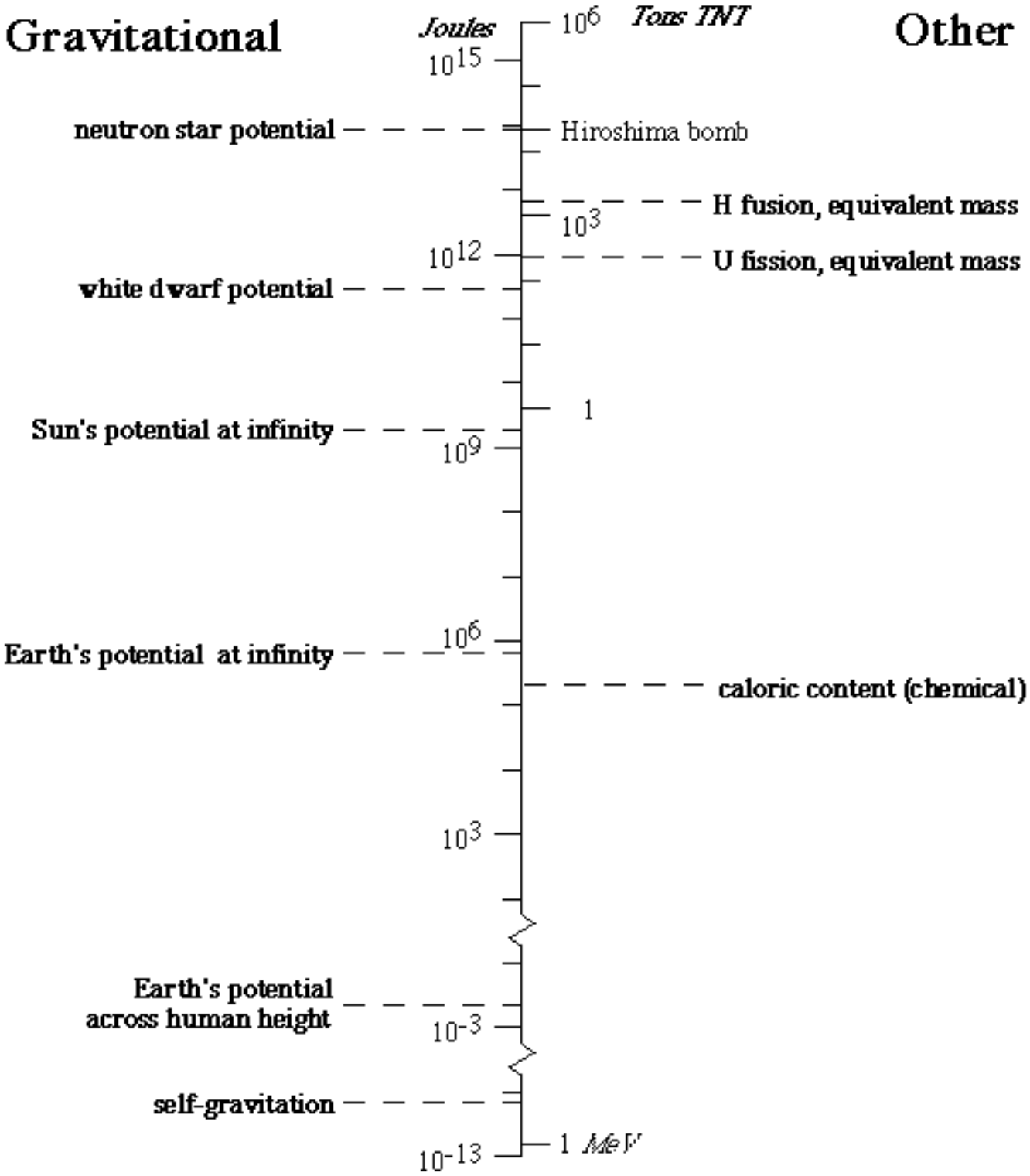How Much Energy is in a Marshmallow?