



Allergy-Friendly Sweetheart S'mores

 Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 10 oz snickerdoodle cookies enjoy life® (trust me, these are awesome!)
- ☐ 1 boom choco boom chocolate bar dark enjoy life® (rice milk or chocolate)
- ☐ 3 large marshmallows (use vegan marshmallows to make the recipe vegan)

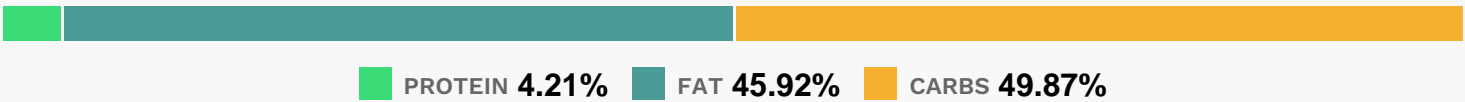
Equipment

- ☐ knife
- ☐ cookie cutter
- ☐ microwave

Directions

- ☐ Cut marshmallows in half for 6 pieces total. Set aside.Break the boom CHOCO boom bar into four sections. Then break each section in half for a total of eight pieces. Set aside.Slightly flatten two Snickerdoodle cookies. Use a heart-shaped cookie cutter or a knife to cut out "sweetheart cookie."
- ☐ Place one piece of chocolate in center of one cookie.Slightly flatten a marshmallow piece and place it on top of the chocolate. Cover with remaining cookie. Assemble more s'mores with remaining ingredients.
- ☐ Place s'mores on a microwavable plate. Microwave for 10-20 seconds or until the chocolate starts to melt and the marshmallow softens.
- ☐ Remove and enjoy!

Nutrition Facts



Properties

Glycemic Index:24.58, Glycemic Load:20.99, Inflammation Score:-2, Nutrition Score:4.8365216967852%

Nutrients (% of daily need)

Calories: 281.9kcal (14.09%), Fat: 14.38g (22.12%), Saturated Fat: 4.97g (31.07%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 34.01g (12.37%), Sugar: 13.34g (14.82%), Cholesterol: 0.14mg (0.05%), Sodium: 170.52mg (7.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.73mg (1.24%), Protein: 2.96g (5.93%), Manganese: 0.29mg (14.67%), Vitamin B1: 0.17mg (11.23%), Iron: 1.97mg (10.95%), Folate: 38.31µg (9.58%), Vitamin B2: 0.15mg (8.94%), Vitamin B3: 1.6mg (8.01%), Vitamin E: 1.18mg (7.87%), Copper: 0.13mg (6.42%), Vitamin K: 5.54µg (5.27%), Selenium: 3.31µg (4.72%), Phosphorus: 45.84mg (4.58%), Fiber: 1.13g (4.51%), Magnesium: 17.32mg (4.33%), Zinc: 0.39mg (2.58%), Potassium: 75.12mg (2.15%), Vitamin B6: 0.04mg (1.77%), Vitamin B5: 0.16mg (1.62%)