



Bears at the Beach

 Dairy Free

READY IN



80 min.

SERVINGS



24

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 drops food coloring blue
- 0.5 cup graham cracker crumbs
- 48 graham snacks bear-shaped
- 24 funmallows marshmallows jet-puffed miniature
- 2.3 cups cool whip whipped topping divided thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

Equipment

- oven

Directions

- Prepare cake batter and bake as directed on package for 24 cupcakes. Cool in pans 15 min.
- Remove from pans to wire racks; cool completely.
- Remove 1-1/4 cups COOL WHIP; set aside. Tint remaining COOL WHIP with food coloring.
- Spread top of each cupcake with some of each color COOL WHIP to resemble the ocean and its beach.
- Sprinkle 1 tsp. graham crumbs over white COOL WHIP on each cupcake for sand.
- Insert 1 small cocktail umbrella into beach area on each cupcake for the beach umbrella. Decorate cupcakes with remaining ingredients as shown in photo. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:1.29, Inflammation Score:-1, Nutrition Score:1.9608696048026%

Nutrients (% of daily need)

Calories: 112.86kcal (5.64%), Fat: 1.93g (2.96%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 22.05g (8.02%), Sugar: 11.53g (12.81%), Cholesterol: 0.14mg (0.05%), Sodium: 166.44mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Phosphorus: 81.39mg (8.14%), Calcium: 53.57mg (5.36%), Folate: 16.1µg (4.03%), Vitamin B1: 0.05mg (3.48%), Vitamin B2: 0.06mg (3.37%), Iron: 0.57mg (3.18%), Vitamin B3: 0.59mg (2.94%), Selenium: 2.03µg (2.9%), Fiber: 0.56g (2.26%), Manganese: 0.04mg (2.21%), Vitamin E: 0.22mg (1.48%)