

STARTER & SNACK

Birds' Nests

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	16	\$0.50	160 kcal

The recipe Birds' Nests can be made in about 45 minutes. One portion of this dish contains about 1g of protein, 5g of fat, and a total of 160 calories. For 50 cents per serving, this recipe covers 1% of your daily requirements of vitamins and minerals. This recipe serves 16. 1 person were glad they...

Ingredients

- ☐ 2 tablespoons butter
- ☐ 16 servings Pastel-colored candy-coated chocolate pieces
- ☐ 1/3 cup corn syrup
- ☐ 5 cups crisp rice cereal
- ☐ 3 cups miniature marshmallows

EQUIPMENT Wax paper, Muffin tray, Dutch oven

Method

- 1

Stir together first 3 ingredients in a Dutch oven over low heat, and cook, stirring often, 8 minutes or until marshmallows melt.
- 2

Add cereal, stirring until well blended.
- 3

Spoon mixture evenly into 16 lightly greased muffin pan cups. Press with wax paper to compact. Press an indentation in centers, forming a nest, and let cool completely.
- 4

Remove nests, and fill centers with pastel chocolate pieces.

- 5 Peanut-Butter Birds' Nests: Reduce marshmallows to 2 cups, and substitute 1/2 cup creamy peanut butter for butter. Proceed as directed.

Nutrition per serving

160	1 g	5 g	28 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.1 g · 19% of daily needs
Fibre			0.5 g · 2% of daily needs
Sugar			20.2 g · 22% of daily needs
Sodium			33.7 mg · 1% of daily needs
Cholesterol			6 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/birds-nests-148329