



Fairy Princess Wands

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



321 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 8 cups corn puff cereal (we used Kellogg's Corn Pops)
- ☐ 0.5 cup plus light
- ☐ 0.3 cup chocolate morsels white
- ☐ 12 ounce chocolate morsels white
- ☐ 12 sticks lollipop (12-inch)

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ cookie cutter
- ☐ wax paper
- ☐ microwave
- ☐ measuring cup
- ☐ lollipop sticks

Directions

- ☐ Pour cereal into a big bowl, and set aside.
- ☐ Combine white chocolate morsels, corn syrup, and butter in a medium-size microwave-safe bowl. Microwave at HIGH 2 minutes; stir until smooth.
- ☐ Drizzle white chocolate mixture over cereal, stirring to coat. Spoon mixture into a lightly greased 15- x 10-inch jelly-roll pan. Spray your hands with cooking spray, and press the mixture into an even layer.
- ☐ Let stand 15 minutes.
- ☐ Cut cereal mixture into stars with a 4-inch cookie cutter.
- ☐ Place stars on a wax paper-lined baking sheet. Cover and chill in the refrigerator 1 hour or until firm. (Store excess cereal mixture in an airtight container for snacking.)
- ☐ Assemble the wands: Have a grown-up insert a lollipop stick into each star.
- ☐ Place 1/3 cup white chocolate morsels in a zip-top freezer bag. Partially seal bag, and set upright in a small microwave-safe measuring cup. Microwave at HIGH 20 to 30 seconds or just until chips melt. Snip a tiny hole in 1 corner of bag to create a small opening.
- ☐ Drizzle melted chocolate over stars, and sprinkle with sugar sprinkles, if you'd like.
- ☐ Let stand until firm. Store wands in an airtight container up to 1 week.
- ☐ Tip: You'll find lollipop sticks at an arts and crafts store.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:15.85, Inflammation Score:-5, Nutrition Score:9.0426087379456%

Nutrients (% of daily need)

Calories: 320.61kcal (16.03%), Fat: 14.62g (22.49%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 46.4g (15.47%), Net Carbohydrates: 45.71g (16.62%), Sugar: 32.36g (35.96%), Cholesterol: 7mg (2.33%), Sodium: 219.5mg (9.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Iron: 5.47mg (30.42%), Vitamin B2: 0.38mg (22.33%), Vitamin B12: 1.12µg (18.75%), Vitamin B1: 0.28mg (18.67%), Vitamin B3: 3.59mg (17.95%), Vitamin B6: 0.35mg (17.66%), Folate: 69.02µg (17.26%), Vitamin A: 512.55IU (10.25%), Phosphorus: 78.82mg (7.88%), Calcium: 70.56mg (7.06%), Vitamin C: 4.1mg (4.97%), Selenium: 3.15µg (4.5%), Vitamin D: 0.67µg (4.48%), Potassium: 128.87mg (3.68%), Zinc: 0.5mg (3.31%), Vitamin E: 0.49mg (3.26%), Vitamin K: 3.03µg (2.89%), Magnesium: 11.57mg (2.89%), Copper: 0.06mg (2.85%), Fiber: 0.68g (2.73%), Vitamin B5: 0.25mg (2.49%), Manganese: 0.03mg (1.7%)