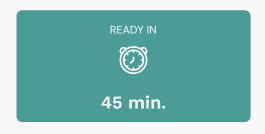


Fairy Princess Wands

Dairy Free







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

П	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 unti- 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		
	PROTEIN 4 110/ FAT 20 770/ CARROS FG 120/	
	PROTEIN 4.11% FAT 39.77% CARBS 56.12%	

Properties

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 %: O% (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%)