



Fluffernutter S'mores

READY IN



180 min.

SERVINGS



24

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 8 cups corn flakes/bran flakes (or the store generic version)
- ☐ 1 cup chocolate chips
- ☐ 0.3 cup topping for drizzling
- ☐ 2 cup honey
- ☐ 3 cups marshmallows mini chopped
- ☐ 1 cup peanut butter chips
- ☐ 2 tablespoons butter unsalted
- ☐ 2 teaspoons vanilla extract

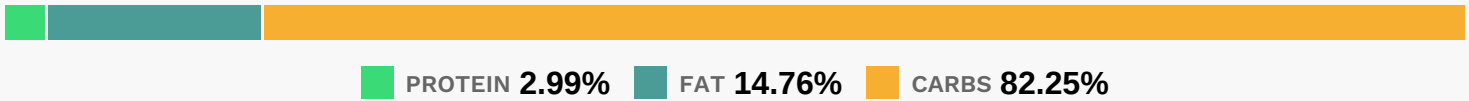
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper

Directions

- ☐ Heat honey, butter, and vanilla (if used) in a large saucepan over medium heat, stirring frequently until bubbling, about 3 minutes.
- ☐ Remove from heat, and add peanut butter and chocolate chips a handful at a time, stirring until fully melted.
- ☐ Add cereal and stir to coat.
- ☐ Add marshmallows, and stir until melted.
- ☐ Spread mixture into rimmed baking sheet lined with parchment paper, pressing down with back of spoon to created even layer.
- ☐ Drizzle the bars with chocolate and peanut butter sundae topping, if desired.
- ☐ Let cool to room temperature, then chill in refrigerator for 2 hours until hard.
- ☐ Cut into 24 bars and serve. Bars can be stored in sealed container for up to 3 days at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.71, Glycemic Load:21.2, Inflammation Score:-5, Nutrition Score:8.3208695403908%

Nutrients (% of daily need)

Calories: 207.4kcal (10.37%), Fat: 3.66g (5.64%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 45.95g (15.32%), Net Carbohydrates: 43.36g (15.77%), Sugar: 34.7g (38.56%), Cholesterol: 2.54mg (0.85%), Sodium: 89.25mg (3.88%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 1.67g (3.35%), Manganese: 0.51mg (25.57%), Folate: 89.72µg (22.43%), Iron: 3.91mg (21.71%), Vitamin B2: 0.2mg (11.83%), Vitamin B6: 0.23mg (11.72%), Vitamin B1: 0.17mg (11.64%), Vitamin B3: 2.28mg (11.38%), Vitamin B12: 0.67µg (11.18%), Selenium: 7.42µg (10.6%), Fiber: 2.59g

(10.37%), Magnesium: 32.81mg (8.2%), Vitamin A: 362.55IU (7.25%), Phosphorus: 64.87mg (6.49%), Zinc: 0.76mg (5.06%), Copper: 0.09mg (4.72%), Potassium: 117.26mg (3.35%), Vitamin D: 0.46µg (3.05%), Calcium: 14.97mg (1.5%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.14mg (1.4%)