



Inside Out Peanut Butter Sâ€™™ Mores Bars

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



264 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 16.3 oz creamy peanut butter
- 1 box graham crackers (3 sleeves of crackers)
- 7 oz marshmallow crème jet-puffed
- 24 oz semi-sweet chocolate chips*
- 1 cup vanilla mallow bits jet-puffed
- 0.5 cup vegetable shortening

Equipment

- bowl

- baking sheet
- baking paper
- knife
- microwave
- pastry bag

Directions

- LINE two baking sheets with parchment paper. Carefully break apart the graham crackers along the lines where they are scored, yielding 4 rectangles from each cracker.
- Lay half of them out with some space between them on them on the parchment lined baking sheets.
- SCRAPE the peanut butter and fluff into two disposable pastry bags fitted with large plain tips or into 2 gallon sized zipper top bags (which are then zipped shut). If using the zipper top bags, squeeze the fillings toward one corner, twist the bag to prevent it from squirting back into the empty space, use a twist tie to hold it in place and snip the corner off.
- PIPE a line of peanut butter down each cracker. Follow this by squeezing a dollop of marshmallow creme about the size of a marble or a nickel into the center of each line of peanut butter. Top each of these with one more graham cracker square. Set aside while preparing the chocolate coating.
- COMBINE the chocolate chips or chunks and coconut oil or shortening in a microwave safe bowl. Microwave on HIGH for 2 minutes. Stir well, return to the microwave, and heat on HIGH in 30 second bursts, stirring after each burst, until the chocolate is fully melted and the mixture is smooth.
- PICK up one graham cracker/peanut butter/marshmallow sandwich at a time, lower it into the melted chocolate, turn over to coat completely, and use two forks to lift it, allowing the excess chocolate to drain away as completely as possible before transferring back to the parchment lined sheet. Repeat with remaining graham sandwiches.
- Sprinkle the tops with micro MALLOW Bits, if desired, and allow the chocolate to set up. These are good stored at room temperature for up to 2 weeks.
- Some cooking notes: There's no getting around it, the marshmallow creme is a bit sticky and tricky. I found it easiest to pipe the little coin of creme into the center of the peanut butter and slide a knife across the piping tip to encourage it to let go of its marshmallow creme brethren in the piping bag. That was more successful than just twisting and twirling it into a curlieque on top. If you find a better way, please share it with me! The marshmallow creme

loves to slide around and ooze off of the peanut butter in various directions. No biggie. Just use the top graham cracker to help slide it back into place. That top graham cracker? It has an alarming tendency to slide off of the top on the tide of oozy marshmallow creme. Again, no big deal. Slide it back into place before dipping in the chocolate coating. All shall be well in the end. Don't skimp on the peanut butter...It's the glue here with all the slippery-slidey marshmallow creme. If you're allergic to peanut butter, go for sunflower butter.

Nutrition Facts



PROTEIN 6.75% **FAT 55.83%** **CARBS 37.42%**

Properties

Glycemic Index:2.2, Glycemic Load:5.78, Inflammation Score:-3, Nutrition Score:5.7173913270235%

Nutrients (% of daily need)

Calories: 263.61kcal (13.18%), Fat: 16.01g (24.62%), Saturated Fat: 5.71g (35.72%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 21.88g (7.96%), Sugar: 13.51g (15.01%), Cholesterol: 1.02mg (0.34%), Sodium: 119.05mg (5.18%), Alcohol: 1.79g (100%), Alcohol %: 4.4% (100%), Caffeine: 14.63mg (4.88%), Protein: 4.36g (8.71%), Manganese: 0.41mg (20.33%), Magnesium: 56.1mg (14.03%), Copper: 0.27mg (13.38%), Phosphorus: 104.3mg (10.43%), Vitamin B3: 2.09mg (10.43%), Iron: 1.7mg (9.47%), Fiber: 2.26g (9.05%), Vitamin E: 1.31mg (8.73%), Zinc: 0.95mg (6.32%), Potassium: 187.35mg (5.35%), Folate: 14.63µg (3.66%), Vitamin B2: 0.06mg (3.52%), Vitamin B6: 0.07mg (3.43%), Vitamin B1: 0.05mg (3.05%), Selenium: 1.9µg (2.72%), Vitamin K: 2.62µg (2.5%), Calcium: 24.86mg (2.49%), Vitamin B5: 0.19mg (1.93%)