



Malloween ghosts

READY IN



60 min.

SERVINGS



18

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 g butter unsalted for the tin plus a little extra
- ☐ 300 g marshmallows white
- ☐ 200 g rice chex (try Rice Krispies)
- ☐ 300 g chocolate white melted for coating
- ☐ 18 servings betty writing gel plain black melted
- ☐ 1 sticks hot-brewed coffee (stirrers are a little more bendy)

Equipment

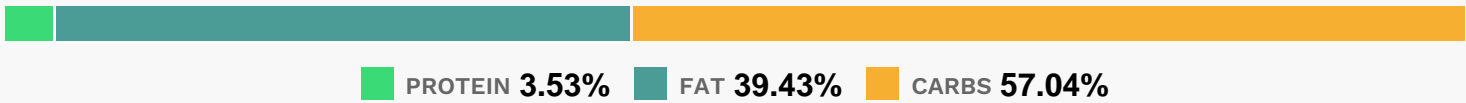
- ☐ sauce pan

- ☐ knife
- ☐ wire rack
- ☐ pastry brush

Directions

- ☐ Butter, then line a 30 x 20cm Swiss roll tin with baking parchment. Melt the butter in a large non-stick saucepan. Tip in the marshmallows, then melt very gently for about 10 mins, stirring regularly to make sure they dont stick.
- ☐ Once smooth, stir in the cereal until all of the grains are coated. Spoon the mix into the tin, then press down to make it flat and smooth. Chill until cool and set. Can be made up to 2 days ahead.
- ☐ Make the ghost shapes two ways.
- ☐ Cut the cake into rectangles, then use a sharp knife to round off the tops and zig-zag the bottoms. Or, to make flying ghosts, stamp out circles about 9cm across and use a sharp knife to divide into teardrop-shaped ghosts.
- ☐ Cut pieces of leftover cake to make arms, if you like.
- ☐ Carefully push a lolly stick into the bottom of each ghost. Put onto a cooling rack. If youve made arms, stick them on using a little white chocolate, then spoon over more chocolate and paint it over and down the sides of the ghosts with a pastry brush. Leave to set. Pipe on eyes with the plain chocolate or icing.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:15.07, Inflammation Score:-4, Nutrition Score:7.6552173676698%

Nutrients (% of daily need)

Calories: 224.33kcal (11.22%), Fat: 10.1g (15.54%), Saturated Fat: 6.15g (38.45%), Carbohydrates: 32.88g (10.96%), Net Carbohydrates: 32.6g (11.86%), Sugar: 20.33g (22.58%), Cholesterol: 15.44mg (5.15%), Sodium: 118.83mg (5.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.07%), Iron: 3.78mg (21%), Folate: 83.83µg (20.96%), Manganese: 0.4mg (20.03%), Vitamin B2: 0.23mg (13.35%), Vitamin B12: 0.72µg (12.06%), Zinc: 1.68mg (11.2%), Vitamin B1: 0.17mg (11.03%), Vitamin B3: 2.2mg (10.98%), Vitamin B6: 0.22mg (10.78%), Calcium: 76.11mg (7.61%), Vitamin A: 349.61IU (6.99%), Phosphorus: 48.45mg (4.84%), Selenium: 3.27µg (4.67%), Vitamin D: 0.49µg

(3.3%), Vitamin C: 2.55mg (3.09%), Copper: 0.06mg (2.8%), Vitamin B5: 0.27mg (2.72%), Vitamin E: 0.33mg (2.19%), Potassium: 70.75mg (2.02%), Vitamin K: 2.02µg (1.92%), Magnesium: 5.78mg (1.44%), Fiber: 0.27g (1.09%)