



Marshmallow-Granola Brownies

 Dairy Free

READY IN



95 min.

SERVINGS



30

CALORIES



113 kcal

DESSERT

Ingredients

- 1 box brownie mix (1 lb 6.25 oz)
- 2 eggs
- 1 cup cereal crushed
- 1.5 cups marshmallows miniature
- 0.5 cup vegetable oil
- 0.3 cup water

Equipment

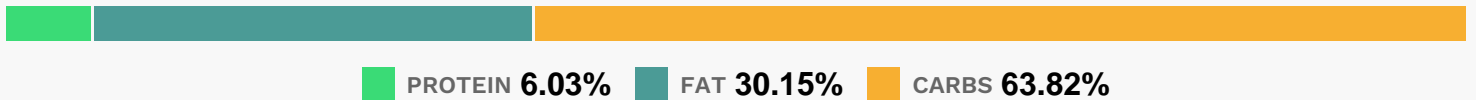
- bowl

- frying pan
- oven
- toothpicks
- aluminum foil

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease bottom only of 13x9-inch pan with shortening or cooking spray. (For easier cutting, line pan with foil, then grease foil on bottom only of pan.)
- In medium bowl, stir brownie mix, pouch of chocolate syrup, oil, water and eggs until well blended.
- Spread evenly in pan; sprinkle granola over batter.
- Bake 28 to 30 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean.
- Immediately sprinkle marshmallows over warm brownies. Broil about 4 to 5 inches from heat 30 to 60 seconds or until marshmallows are golden brown. (Watch carefully marshmallows will brown quickly.) Cool completely for easier cutting, about 1 hour. For 30 bars, cut into 6 rows by 5 rows.

Nutrition Facts



Properties

Glycemic Index:2.02, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:1.1626086902359%

Nutrients (% of daily need)

Calories: 112.53kcal (5.63%), Fat: 3.8g (5.85%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 17.88g (6.5%), Sugar: 10.71g (11.9%), Cholesterol: 10.91mg (3.64%), Sodium: 57.25mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Manganese: 0.11mg (5.5%), Iron: 0.71mg (3.95%), Selenium: 1.65µg (2.35%), Phosphorus: 17.96mg (1.8%), Vitamin E: 0.25mg (1.65%), Vitamin K: 1.52µg (1.45%), Vitamin B2: 0.02mg (1.22%), Magnesium: 4.12mg (1.03%)