

STARTER & SNACK

Million Dollar Bars

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
20 min	10 min	10 min	15	\$0.64	303 kcal



Million Dollar Bars takes about 20 minutes from beginning to end. This recipe serves 15. This hor d'oeuvre has 303 calories, 4g of protein, and 14g of fat per serving. For 64 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 pound caramels
- ☐ 2 cups milk chocolate chips
- ☐ 2½ cups crispy rice cereal
- ☐ 1 cup chopped peanuts

EQUIPMENT Bowl, Frying pan, Baking sheet, Sauce pan, Microwave

Method

- 1

In the microwave, or in a saucepan over medium heat, melt caramel, stirring frequently until smooth. Stir in the crispy rice cereal and peanuts.

- 2 Spread the mixture out to an even thickness onto a buttered baking sheet. Set aside to cool.
- 3 In the microwave or in a metal bowl over a pan of simmering water, melt chocolate chips, stirring frequently until smooth.
- 4 Remove from heat.
- 5 Spread over the cooled caramel slab. Chill to set, then cut into squares or bars.

Nutrition per serving

303	4 g	14 g	43 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.8 g · 36% of daily needs
Fibre			1 g · 4% of daily needs
Sugar			33.5 g · 37% of daily needs
Sodium			76.4 mg · 3% of daily needs
Cholesterol			2.1 mg · 1% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/million-dollar-bars-142444