



## Monsters

READY IN



25 min.

SERVINGS



24

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup candy coated chocolates mini (M&Ms) (or however many you want)
- ☐ 0.8 teaspoon plus
- ☐ 2 large eggs
- ☐ 1.5 ounces flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.8 scant teaspoon kosher salt
- ☐ 0.7 cup brown sugar light packed
- ☐ 24 servings type of candy bits you like

- ☐ 1 cup peanut butter ( )
- ☐ 0.5 cup peanut butter chips (or however many you want)
- ☐ 3 cups cooking oats instant quick (the kind that says 1 minute, not )
- ☐ 5 tablespoons butter unsalted cooled melted
- ☐ 1 teaspoon vanilla extract

## Equipment




- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ aluminum foil
- ☐ pizza cutter

## Directions

- ☐ Preheat the oven to 250 degrees F. Line two large (about 13×18), rimmed, heavy duty baking sheets with nonstick foil. Parchment is probably okay too, but I've been using nonstick foil. In a large mixing bowl, stir together the eggs, both types of sugar, baking soda, salt, corn syrup and vanilla. Stir in the peanut butter and melted butter. When mixed, add flour and stir until blended. Lastly, stir in the oats, all the different chips and the candies. Empty onto the two baking sheets and divide dough on each sheet into two sections/ Dampen fingers and press each section to make two very thin slabs on each cookie sheet. You could make one big slab on each sheet, but making two gives you more edge pieces, and those are the best!
- ☐ Bake one sheet at a time at 250 degrees for 45 minutes (total bake time will be an hour).
- ☐ Remove from the oven and run a pizza cutter through the slabs to make big and little triangles – do not separate at this point. Return to the 250 oven and bake for another 15 to 20 minutes.
- ☐ Let cool for about 10 minutes on baking sheet and carefully transfer to a wire rack to cool completely. It should crisp as it cools. If you have some thicker pieces that aren't crunchy enough for you even after they are completely cool, throw them back in the 250 oven for another 10–15 minutes, then let cool. The thinner you press the slabs, the better chance you have of getting crunchy bark.

## Nutrition Facts



 **PROTEIN 7.65%**  **FAT 42.46%**  **CARBS 49.89%**

Properties

Glycemic Index:10.13, Glycemic Load:9.04, Inflammation Score:-3, Nutrition Score:5.7252173119265%

Nutrients (% of daily need)

Calories: 278.13kcal (13.91%), Fat: 13.5g (20.77%), Saturated Fat: 5.63g (35.17%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 33.67g (12.24%), Sugar: 25.12g (27.91%), Cholesterol: 24.67mg (8.22%), Sodium: 136.22mg (5.92%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 5.47g (10.94%), Manganese: 0.61mg (30.56%), Magnesium: 47.05mg (11.76%), Phosphorus: 93.98mg (9.4%), Selenium: 5.91µg (8.44%), Vitamin B3: 1.63mg (8.15%), Fiber: 2.04g (8.15%), Vitamin E: 1.16mg (7.75%), Iron: 1.1mg (6.09%), Vitamin B1: 0.09mg (5.7%), Copper: 0.09mg (4.6%), Zinc: 0.67mg (4.47%), Folate: 17.84µg (4.46%), Calcium: 40.94mg (4.09%), Vitamin B2: 0.06mg (3.69%), Vitamin B6: 0.07mg (3.42%), Potassium: 113.75mg (3.25%), Vitamin A: 138.69IU (2.77%), Vitamin B5: 0.27mg (2.69%)