



No-Bake Monster Cereal Pops

READY IN



90 min.

SERVINGS



30

CALORIES



1292 kcal

Ingredients

- ☐ 0.5 cup butter
- ☐ 24 oz candy coating disks chopped (almond bark)
- ☐ 8 cups corn flakes/bran flakes boo berry® frankenberry® count chacula® (such as , , , Yummy and/or Frute)
- ☐ 30 servings m&m candies
- ☐ 60 beef rib steak
- ☐ 10 oz marshmallows miniature
- ☐ 30 servings purple gel food coloring green blue
- ☐ 30 you will also need: parchment paper

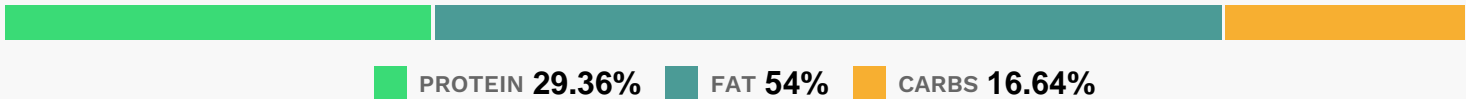
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ microwave
- ☐ muffin liners
- ☐ lollipop sticks

Directions

- ☐ Spray 30 mini muffin cups with cooking spray.
- ☐ In large microwavable bowl, microwave butter and marshmallows uncovered on High about 2 minutes, stirring after each minute, until mixture is smooth. Stir in cereal until evenly coated. Spoon mixture by heaping tablespoonfuls into muffin cups. Insert paper lollipop stick into each cup, forming cereal mixture around stick.
- ☐ Refrigerate at least 1 hour or until cereal mixture is completely set. Carefully remove pops from muffin cups.
- ☐ Dip and decorate half of the pops at a time: In 1-quart microwavable bowl, microwave 12 oz of the candy coating uncovered on High 1 minute 30 seconds; stir. Continue microwaving and stirring in 15-second increments until melted; stir until smooth. Color melted candy coating with liquid food color of choice. Dip part of each cereal treat pop into melted candy coating to partially cover with coating. Immediately sprinkle with candy sprinkles.
- ☐ Place on waxed paper-lined cookie sheet. Melt remaining candy coating; color as desired. Dip remaining pops, and sprinkle with candy sprinkles. Allow to set until candy coating is completely hard, about 1 hour.
- ☐ Use remaining candy coating to attach 1 or 2 candy eyes to each pop.

Nutrition Facts



Properties

Glycemic Index:6.09, Glycemic Load:9.44, Inflammation Score:-7, Nutrition Score:40.685217659758%

Nutrients (% of daily need)

Calories: 1292.41kcal (64.62%), Fat: 77.49g (119.22%), Saturated Fat: 39.12g (244.52%), Carbohydrates: 53.73g (17.91%), Net Carbohydrates: 51.02g (18.55%), Sugar: 33.01g (36.68%), Cholesterol: 287.81mg (95.94%), Sodium:

449.98mg (19.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 94.78g (189.56%), Selenium: 121.44µg (173.49%), Zinc: 23.86mg (159.09%), Vitamin B12: 8.05µg (134.11%), Vitamin B3: 24.95mg (124.75%), Vitamin B6: 1.99mg (99.55%), Vitamin B2: 1.3mg (76.64%), Phosphorus: 715.83mg (71.58%), Iron: 11.61mg (64.48%), Vitamin B1: 0.64mg (42.35%), Potassium: 1285.17mg (36.72%), Magnesium: 123.41mg (30.85%), Folate: 101.25µg (25.31%), Manganese: 0.5mg (25.13%), Copper: 0.44mg (22.15%), Fiber: 2.71g (10.83%), Vitamin A: 465.27IU (9.31%), Vitamin K: 7.19µg (6.85%), Calcium: 63.85mg (6.39%), Vitamin D: 0.8µg (5.36%), Vitamin E: 0.17mg (1.13%), Vitamin B5: 0.1mg (1.02%)