

STARTER & SNACK

Peanut-Butter Birds' Nests

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	16	\$0.50	186 kcal

Peanut-Butter Birds' Nests might be a good recipe to expand your hor d'oeuvre repertoire. This recipe serves 16. For 50 cents per serving, this recipe covers 3% of your daily requirements of vitamins and minerals. One portion of this dish contains roughly 3g of protein, 8g of fat, and a total of 186...

Ingredients

- ☐ 16 servings Pastel-colored candy-coated chocolate pieces
- ☐ 1/3 cup corn syrup
- ☐ 1/2 cup creamy peanut butter
- ☐ 5 cups crisp rice cereal
- ☐ 2 cups miniature marshmallows

EQUIPMENT Wax paper, Muffin tray, Dutch oven

Method

- 1

Stir together first 3 ingredients in a Dutch oven over low heat, and cook, stirring often, 8 minutes or until marshmallows melt.
- 2

Add cereal, stirring until well blended.
- 3

Spoon mixture evenly into 16 lightly greased muffin pan cups. Press with wax paper to compact. Press an indentation in centers, forming a nest, and let cool completely.
- 4

Remove nests, and fill centers with pastel chocolate pieces.

Nutrition per serving

186

KCAL

3 g

PROTEIN

8 g

FAT

28 g

CARBS

Saturated Fat

3 g · 19% of daily needs

Fibre

0.9 g · 4% of daily needs

Sugar

19.3 g · 21% of daily needs

Sodium

54.5 mg · 2% of daily needs

Cholesterol

2.3 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/peanut-butter-birds-nests-148585