



## Pumpkin Mallow Pops

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



69 kcal

DESSERT

### Ingredients

- 0.5 cup chocolate candy melts
- 24 pumpkinmallows marshmallows jet-puffed
- 12 servings wooden pop sticks
- 1 freezer plastic bag
- 12 servings special materials
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### Equipment

- bowl

ziploc bags

pastry bag

## Directions

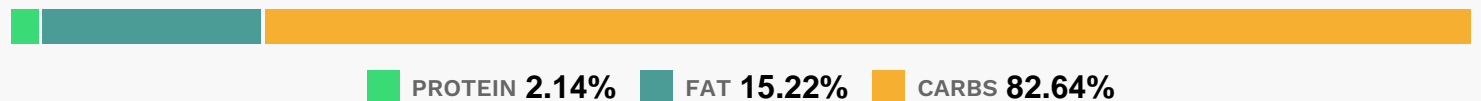
PLACE candy melts in a small microwaveable bowl and heat in one-minute increments until the chocolate is completely smooth.

Let cool for 3 minutes. Carefully spoon chocolate in plastic bag and push chocolate to the bottom of the plastic bag, into one of the corners. Twist the top of the plastic bag and cut a small hole of the tip of the bag (resembling a pastry bag).

INSERT Cake-pop sticks into the bottoms of each mallow and placed them on a large tray or work surface.

PIPE Jack-O-Lantern face or fun designs on the mallow, set aside and let design dry for 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:10.57, Glycemic Load:7.3, Inflammation Score:1, Nutrition Score:0.20478260946339%

## Nutrients (% of daily need)

Calories: 69.11kcal (3.46%), Fat: 1.2g (1.85%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 14.54g (5.29%), Sugar: 10.62g (11.79%), Cholesterol: 0mg (0%), Sodium: 15.52mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%)