



S'more Muffins

READY IN



37 min.

SERVINGS



37

CALORIES



64 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tsp calumet baking powder
- 1 eggs lightly beaten
- 3 cups graham cracker crumbs
- 3 squares graham crackers crumbled
- 2 Tbsp honey
- 0.5 cup marshmallows jet-puffed miniature
- 1 cup milk
- 4 oz baker's semi-sweet chocolate divided chopped
- 0.3 cup sugar

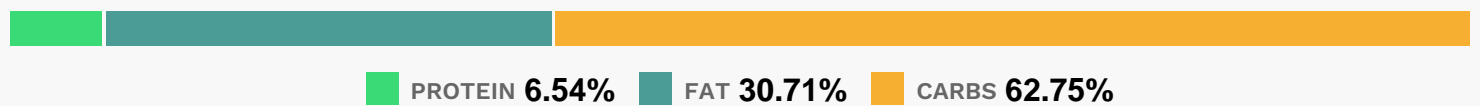
Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin tray

Directions

- Preheat oven to 350F.
- Mix crumbs, sugar and baking powder in medium bowl.
- Add milk, egg and honey; stir just until moistened. Stir in 1/2 cup of the chopped chocolate.
- Spoon batter evenly into greased muffin pan, filling each cup 2/3 full.
- Mix remaining chopped chocolate, marshmallows and crumbled grahams; sprinkle evenly over batter in pan. Press lightly into batter.
- Bake 22 minutes or until lightly browned.
- Let stand in pan on wire rack 5 minutes; remove from pan.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.46, Glycemic Load:5.66, Inflammation Score:-1, Nutrition Score:1.3934782630885%

Nutrients (% of daily need)

Calories: 63.57kcal (3.18%), Fat: 2.19g (3.37%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 9.6g (3.49%), Sugar: 5.7g (6.34%), Cholesterol: 5.4mg (1.8%), Sodium: 79.17mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Phosphorus: 36.93mg (3.69%), Calcium: 32.1mg (3.21%), Iron: 0.54mg (2.98%), Magnesium: 10.5mg (2.63%), Copper: 0.04mg (2.12%), Manganese: 0.04mg (2.11%), Vitamin B2: 0.03mg (1.96%), Fiber: 0.48g (1.93%), Zinc: 0.26mg (1.73%), Vitamin B3: 0.3mg (1.48%), Vitamin B1: 0.02mg (1.39%),

Potassium: 41.81mg (1.19%), Selenium: 0.78µg (1.11%)