



S'mores Krispie Treats

READY IN



60 min.

SERVINGS



32

CALORIES



65 kcal

DESSERT

Ingredients

- 6 cups rice cereal crispy
- 0.3 cup flour whole wheat
- 1 teaspoon ground cinnamon
- 2 tablespoons honey
- 10 ounce marshmallows
- 1.6 ounce marshmallow bar
- 3 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- mixing bowl
- pot
- aluminum foil
- broiler
- microwave
- spatula
- cutting board

Directions

- Preheat broiler to high and adjust a rack about 4 inches from element.
- Spread marshmallows in an even layer on a small sheet pan lined with foil or a silicone mat. Broil until well-toasted on top, about 5 minutes.
- Remove and allow to cool.
- Peel marshmallows (which will now be a single sticky mass) off the lined pan and place in a large pot.
- Add butter and honey and cook over low heat, stirring often, until fully melted. Meanwhile, butter an 8- by 8-inch glass or metal pan. Break up chocolate bar into a microwave-safe bowl and microwave in 15 second intervals, stirring between sessions until fully melted, about 30 seconds total. Set aside.
- Combine cereal, flour, and cinnamon in a mixing bowl and toss until fully combined, then add to the melted mixture and stir to incorporate thoroughly. Scrape half into prepared pan and pack tightly with a buttered or greased spatula.
- Spread evenly with melted chocolate, then add rest of mixture and pack down tightly. Allow to cool and set for at least 30 minutes, then flip onto a cutting board and cut into 1 by 2-inch rectangles. Treats can be stored in an airtight container at room temperature for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:3.68, Glycemic Load:4.92, Inflammation Score:-1, Nutrition Score:0.74869565973463%

Nutrients (% of daily need)

Calories: 65.21kcal (3.26%), Fat: 1.48g (2.27%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 12.76g (4.64%), Sugar: 6.85g (7.61%), Cholesterol: 2.92mg (0.97%), Sodium: 10.2mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.23%), Manganese: 0.05mg (2.73%), Selenium: 1.18µg (1.69%), Folate: 6.32µg (1.58%), Vitamin B1: 0.02mg (1.5%), Copper: 0.02mg (1.22%)