



Spooky Monster Brownie Pops

READY IN



120 min.

SERVINGS



24

CALORIES



355 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix (1 lb 2.3 oz)
- ☐ 16 oz candy coating disks (almond bark)
- ☐ 24 celery stalks with round ends)
- ☐ 0.5 cup chocolate frosting (from 1-lb container)
- ☐ 8 drops drop natural food coloring green
- ☐ 48 small m&m candies green
- ☐ 24 servings vegetable oil for on brownie mix box

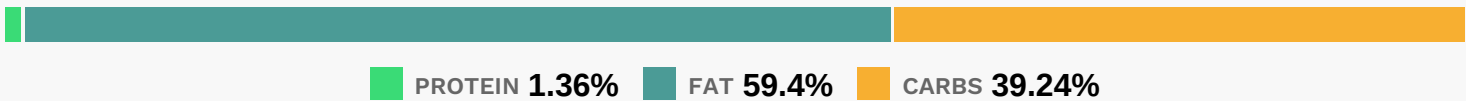
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Heat oven to 350F. Line bottom and sides of 13x9-inch pan with foil, leaving foil overhanging on 2 opposite sides of pan. Spray foil with cooking spray.
- ☐ Bake and cool brownie mix as directed on box for 13x9-inch pan.
- ☐ Place brownies in freezer 30 minutes.
- ☐ Remove brownies from pan, using foil to lift; peel foil from sides of brownies.
- ☐ Cut into 24 rectangular bars, 6 rows lengthwise by 4 rows across, each about 1 1/2 by 3 1/4 inches. Gently insert stick into end of each bar, foil from bars.
- ☐ Place on cookie sheet; freeze 30 minutes.
- ☐ In microwavable bowl, microwave candy coating uncovered on High about 1 minute or until smooth when stirred. Stir in food color.
- ☐ Spread on brownies. Insert 2 candies into sides of each brownie to look like ears.
- ☐ Place on waxed paper or foil to dry.
- ☐ To decorate, spoon frosting into small resealable food-storage plastic bag; seal bag.
- ☐ Cut small hole in bottom corner of bag. Squeeze bag to pipe frosting on top of each brownie to look like hair. Draw eyebrows, eyes and zigzag mouth to look like Frankenstein face.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.02, Inflammation Score:0, Nutrition Score:1.8839130132743%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 354.68kcal (17.73%), Fat: 23.27g (35.81%), Saturated Fat: 8.64g (54%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 34.44g (12.52%), Sugar: 28.06g (31.18%), Cholesterol: 0.3mg (0.1%), Sodium: 80.71mg (3.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Vitamin K: 26.92µg (25.64%), Vitamin E: 1.23mg (8.2%), Iron: 0.7mg (3.89%)