



Sunny's Crunchy Peanut Butter S'more Bites

READY IN



210 min.

SERVINGS



100

CALORIES



120 kcal

DESSERT

Ingredients

- ☐ 1.5 sticks butter
- ☐ 1 cup coconut flakes
- ☐ 2 cups crunchy peanut butter
- ☐ 2 cups graham cracker crumbs
- ☐ 1 cup marshmallow fluff
- ☐ 4 cups milk chocolate chips melted
- ☐ 5 cups powdered sugar
- ☐ 2.5 cups rice cereal

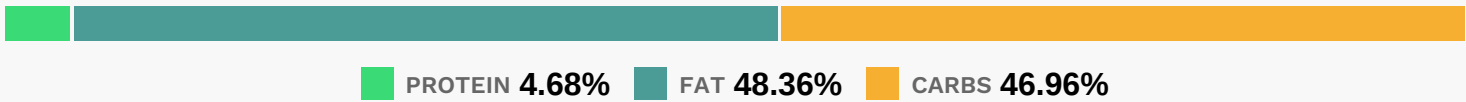
Equipment

- ☐ bowl
- ☐ whisk
- ☐ wire rack
- ☐ ziploc bags
- ☐ pastry bag

Directions

- ☐ In a large bowl, add the peanut butter, butter and powdered sugar and beat with a whisk or electric beater until smooth. Using a teaspoon measure, scoop the mixture and form into balls, then press into a coin shape the diameter of a quarter. Refrigerate to set up dough cookies, about 30 minutes.
- ☐ To make bites, dip peanut butter coins in melted chocolate then toss in graham cracker crumbs until coated, double dip and double coat if you feel dangerous. Arrange the coated coins on a wire rack and refrigerate for about 30 more minutes to set.
- ☐ Add the marshmallow fluff to a pastry bag fitted with a star tip.
- ☐ Remove the coins from the refrigerator and squeeze about 1 teaspoon of marshmallow fluff into the center of half of the coins. If you don't have a pastry bag, use a plastic bag, fill it with fluff and cut 1 corner off and dollop that way. Then top each half with another coin to make a sandwich and place return to the refrigerator to set, about 1 hour.
- ☐ Options: chop coconut flakes and add them to the graham cracker crumbs to use for coating.
- ☐ Add puffed rice cereal into the peanut butter, butter and powdered sugar for a bit more texture and crunch.

Nutrition Facts



Properties

Glycemic Index:1.24, Glycemic Load:0.91, Inflammation Score:-1, Nutrition Score:1.4786956605056%

Nutrients (% of daily need)

Calories: 120.32kcal (6.02%), Fat: 6.73g (10.35%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 14.09g (5.12%), Sugar: 11.65g (12.94%), Cholesterol: 3.64mg (1.21%), Sodium: 47.51mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Manganese: 0.12mg (5.82%), Vitamin B3: 0.79mg (3.96%), Magnesium: 10.19mg (2.55%), Vitamin E: 0.37mg (2.46%), Fiber: 0.62g (2.46%), Phosphorus: 22.56mg (2.26%), Copper: 0.04mg (1.93%), Potassium: 67.67mg (1.93%), Folate: 6.37µg (1.59%), Zinc: 0.2mg (1.34%), Vitamin B6: 0.03mg (1.29%), Iron: 0.21mg (1.18%)