



Teddy Want S'More Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 Tbsp calumet baking powder
- 1.5 cups chocolate graham snacks divided bear-shaped
- 1 eggs
- 42 squares graham crackers crushed finely (3 cups crumbs)
- 3 Tbsp honey
- 0.5 cup marshmallows jet-puffed miniature
- 1 cup milk
- 0.3 cup sugar

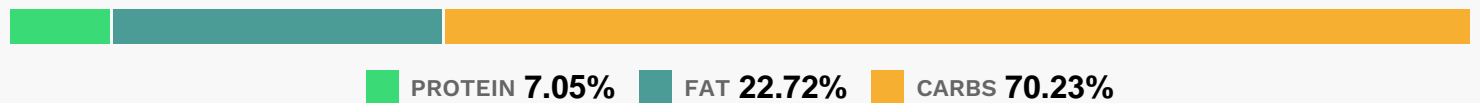
Equipment

- bowl
- frying pan
- oven
- whisk
- toothpicks
- muffin liners

Directions

- Preheat oven to 350F.
- Mix graham crumbs, sugar and baking powder in large bowl; set aside. Beat egg, milk and honey with wire whisk until well blended.
- Add to graham mixture; stir just until moistened. Stir in 1 cup of the graham snacks.
- Spoon batter evenly into 12 medium muffin cups sprayed with cooking spray. Toss remaining 1/2 cup graham snacks with the marshmallows.
- Sprinkle evenly over batter; press lightly into batter.
- Bake 16 to 20 min. or until toothpick inserted in centers comes out clean.
- Let stand 5 min. in pan; remove from pan to wire racks. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:32.24, Glycemic Load:8.69, Inflammation Score:-1, Nutrition Score:1.6899999563947%

Nutrients (% of daily need)

Calories: 120.26kcal (6.01%), Fat: 3.11g (4.78%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 21.5g (7.82%), Sugar: 14.25g (15.83%), Cholesterol: 16.08mg (5.36%), Sodium: 181.4mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Calcium: 89.01mg (8.9%), Phosphorus: 57.15mg (5.72%), Vitamin B2: 0.06mg (3.3%), Vitamin B12: 0.14µg (2.37%), Selenium: 1.62µg (2.31%), Vitamin D: 0.3µg (1.98%),

Iron: 0.35mg (1.93%), Zinc: 0.21mg (1.41%), Vitamin B1: 0.02mg (1.39%), Vitamin B5: 0.14mg (1.36%), Magnesium: 5.36mg (1.34%), Potassium: 44.87mg (1.28%), Vitamin B6: 0.02mg (1.17%), Vitamin A: 52.74IU (1.05%)