



S'mores on a Stick



Makes 4 servings

Ingredients

- 2 full sheets of graham crackers (4 halves), crushed to fine crumbs
- 1 cup (6 ounces) milk chocolate chips
- ½ teaspoon vanilla extract
- 8 regular-size marshmallows

You will also need: 8 lollipop sticks, waxed paper

Directions

1. Place crushed graham crackers in a small bowl. Set aside.
2. (Ask an adult to help you with this step.) In a small microwave-safe bowl, microwave chocolate chips for 1 minute. Stir. If chocolate is not completely melted, microwave for 10 to 20 seconds more and stir, until chocolate stirs to a smooth consistency. Add vanilla. Stir.
3. Place a marshmallow on a stick. Dip the marshmallow in the melted chocolate, then roll in the graham cracker crumbs. Place on waxed paper to dry. Repeat with remaining ingredients.
4. Serve immediately.

*Option not included in nutrition facts.



KID-FRIENDLY



TIP

You can also use strawberries or chunks of banana in place of the marshmallows to make this a more healthful choice.*

 = low sodium

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Nutrition Facts

Serving Size 2 pops (24g)
Servings Per Container 4

Amount Per Serving

Calories 110 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 3g **15%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 25mg **1%**

Total Carbohydrate 15g **5%**

 Dietary Fiber 1g **4%**

 Sugars 12g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk
Carb choices per serving: 1