



Easy marshmallow bars

10'
Hands on

8'
Cook Time

12
Portion(s)

1
Difficulty



Ingredients

- 60 g butter, cut into cubes + extra for the baking pan
- 500 g marshmallows
- olive oil, for the spatula
- 500-600 g cereal rings
- 200 g chocolate couverture

Διατροφικός πίνακας

Nutrition information per portion

470 Calories (kcal)	13.0 Total Fat (g)	7.4 Saturated Fat (g)	79.0 Total Carbs (g)
24%	19%	37%	30%
42.0 Sugars (g)	7.1 Protein (g)	3.9 Fibre (g)	0.47 Sodium (g)
47%	14%	16%	8%

Method

- Butter a 25x35 cm [baking pan](#) or a slightly larger one.
- In a large [bowl](#) add the butter and the marshmallows.
- Mix them and put the bowl in the microwave for 8 minutes, at 800 Watt.
- During this time, stir the mixture once or twice with a spatula, wooden or silicone, greased with olive oil or vegetable oil so that it does not stick.
- At the same time, in another bowl mix the cereals with 150 g finely chopped chocolate.
- Pour the first mixture into the bowl with the cereals and mix with the greased spatula.
- Spread the mixture in the baking pan and with the bottom of a glass, or with the back of a spoon, or with your [hands](#), press and flatten the mixture.
- Melt 50 g chocolate in a [bain-marie](#) or in the microwave for 40 seconds, at 800 Watt.
- Freeze the baking pan for a few minutes, and after the mixture stabilizes, cut into pieces, decorate with the melted chocolate, and [serve](#).

Tip

You can store them in a cool and dry place, sealed airtight with plastic wrap, for 5-7 days.