



Healthdor

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Nutty Smore's Blast Medium ♦♦

A delicious and indulgent dessert that combines the classic flavors of s'mores with a nutty twist. Perfect for a cozy night by the fire or a summer camping trip.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	Graham Crackers
150 g	Marshmallows
150 g	Chocolate bars
100 g	peanut butter
50 g	chopped peanuts

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Break the graham crackers into squares and place half of them on a baking sheet.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Top each graham cracker square with a piece of chocolate and a marshmallow.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Spreading

Spread a thin layer of peanut butter on the remaining graham cracker squares.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Place the peanut butter-covered graham crackers on top of the marshmallow-topped ones to create sandwiches.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Oven

Bake in the preheated oven for 10 minutes or until the marshmallows are melted and gooey.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Sprinkling

Remove from the oven and sprinkle with chopped peanuts.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Cooling

Let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 18 g

Protein: 5 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	5 g	29.41%	29.41%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	18 g	64.29%	72%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	100 mg	2.94%	3.85%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Picnic

Meal Type

Snack

Brunch

Lunch

Dinner

Course

Desserts

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Difficulty Level

Medium

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