



## **Frozen Peanut Marshmallow Bites**

**Maintenance food(s) to be used:** peanuts, seeds (optional)

**Supplies Needed:** Silicone molds

**Ingredients:**

- Peanuts
- 2 tablespoons unsalted butter
- 1 bag marshmallow
- 1 14oz can condensed milk
- 10 oz bag of caramel melts (optional, will help bars not melt so fast)
- 1 bag white chocolate chips
- 1 tablespoon vanilla extract
- Pinch of salt
- Mini chocolate chips or dried fruit (optional)



**Instructions:**

1. On low heat, melt butter in a non-stick pot. Once melted, stir in the condensed milk and vanilla extract.
2. On low heat, add the entire bag of white chocolate chips and let them melt into the butter and condensed milk.
3. Melt caramel candies in the microwave until smooth and add to your pot.
4. Take the pan off the heat and stir in the marshmallows until they are melted. Add a pinch of salt. If necessary put the pot back on low heat until the marshmallows have melted.
5. Grind peanuts to your desired size or leave whole, then place half of your daily peanut amount into a small greased or lined mold and top with a scoop of the marshmallow mixture.
6. Add the other half of the ground peanuts on top. You can also add mini chocolate chips or dried fruits as well.
7. Let them set and freeze for at least 4 hours. Eat them directly out of the freezer so that they do not melt.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

**This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: peanuts, milk**