

Chocolate Creepy Crawlers

Makes
12 servings

Prep time
10 minutes

Set time
20 minutes

Ingredients:

- 1 cup pretzel sticks
- 6 pcs. dried mango strips, cut in half
- ½ cup dark chocolate chips
- ½ tsp. vegetable shortening
- O-shaped cereal for decoration

Nutrition Facts

12 servings per container
Serving size 1 treat (16g)

Amount per serving
Calories **80**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 12mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Break pretzel sticks into halves. These will be the legs of the creepy crawlers.
2. On a parchment-lined baking sheet, arrange 6-8 pcs. of the pretzel legs into a star. Repeat 12 times.
3. In a microwave safe bowl, combine the chocolate chips and the shortening. Melt the chocolate by heating for 30 seconds at a time in the microwave, stirring after each 30-second interval until the chocolate is smooth.
4. Dip a piece of dried mango into the chocolate, coating completely and evenly. Allow excess chocolate to drip off.
5. Place the chocolate-covered mango on top of one set of pretzel legs. Repeat with remaining dried mango pieces.
6. Place O-shaped cereal on top of chocolate for eyes.
7. Chill in the refrigerator for about 20 minutes, or until chocolate is set.
8. Keep refrigerated until ready to serve. Refrigerate any leftovers.

