



Low-Sugar S'mores

2 graham cracker squares (2 small rectangles)
1 sugar free Hershey's mini bar
1 sugar free marshmallow

Microwave:

Place 1 graham cracker square on a microwave safe plate, top with chocolate and marshmallow. Microwave on high for 15 seconds until marshmallow is soft and puffy. Top with other graham cracker square. Makes 1 serving.

Campfire:

Toast marshmallow over campfire until perfectly browned. Assemble s'more by placing 1 graham cracker square on plate, then top with chocolate and toasted marshmallow. Top with other graham cracker square. Makes 1 serving.

Nutrition Information (per Serving): 91 calories, 4 g fat, 12 g carbohydrates [2g added sugar], 2g protein, 90 mg sodium.

Video Recipe Variation: We divided the marshmallow, chocolate, and graham crackers to make mini s'mores – they are cute and are less messy to eat compared to large s'mores!

One serving of this recipe contains 2 grams of added sugar from the graham crackers used in this recipe. Eating excessive amounts of sugar can result in dumping syndrome for those that have had bariatric surgery. This recipe also contains sugar alcohols which can cause a laxative effect if consumed in excess amounts. Please follow serving sizes suggested in this recipe and eat in moderation.



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