



Dipped Ghost Pretzels

Ingredients:

- 1.5 cups
- 1/2 (12oz) bag Vanilla Milk Chips (equal to 6oz or 1 cup)
- 1/2 tsp coconut oil or shortening, for thinning the chocolate
- 1 (.88oz/25g) pkg Wilton Candy Eyeballs

Instructions:

1. Melt white chocolate and coconut oil in a glass bowl in the microwave, for short 10-20 second bursts, until melted.
2. Immediately dip pretzels, one at a time, in the bowl.
3. Place chocolate dipped pretzels on baking sheet.
4. Immediately press two eyeballs into the top two holes for eyes.
5. Repeat with remaining pretzels. Work quickly. Heating the chocolate again only once, if needed.
6. Place baking sheet in freezer for 5-8 minutes, until chocolate has hardened.
7. Enjoy!

Prep Time: 10 minutes

Cooking Time: 1 minute

Equipment:

- Baking Sheet
- Mixing bowl
- Spoon
- Measuring cups

Serving Size: 7 pretzels



Nutrition Facts:	130	5g	g Saturated	20 g	2 g	0g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	13g	125mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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