



## Movie-Night Crunchcake



[Click here](#) to see Lisa make it on Facebook, and [click here](#) for YouTube!

Entire recipe: 80 calories, 0g total fat (0g sat. fat), 66mg sodium, 22.5g carbs, 0g fiber, 10g sugars, 0.5g protein

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**Prep:** 5 minutes or less

More: [Gluten-Free](#)



### Ingredients

1 butter-popcorn-flavored rice cake  
1 tbsp. marshmallow creme  
One 1-inch piece red licorice (we love [the kind by Wiley Wallaby](#))  
1/2 tsp. light chocolate syrup

### Directions

Spread marshmallow creme over the rice cake.

Cut licorice into bite-sized pieces, and place over the marshmallow layer.

Drizzle with chocolate syrup.

MAKES 1 SERVING

**HG Tip:** Give the spoon a light spritz with nonstick spray when measuring out the marshmallow creme to prevent sticking!

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