

Wagon Wheels



Serves	17
Prep time	2 hours
Allergy / Intolerance	Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet – Very High Chemical
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Birthday Party , Casual Party , Special Occasions

Ingredients

- 1 packet Arnott's Shredded Wheatmeal biscuits (34 biscuits)
- 2 packets Pascall's white marshmallows (or 1 packet Pascalls Mega Mallows or home made marshmallows)
- 700g milk cooking chocolate
- 2 tablespoons sunflower oil
- Pear jam (refer to Basics page)

Optional

- Naturally coloured hundreds and thousands (contain salicylates)

Directions

1. Preheat the oven to 180 C and line a baking tray with baking paper.
2. Place half the biscuits (17) on the lined tray. Cut 2 marshmallows in half, per biscuit, which gives you 4 marshmallow halves. Put the sticky (cut) side of the marshmallow onto each of the biscuits. Place the tray in the oven and cook until the marshmallow just starts to melt (about 3 minutes). If using Mega Mallows you only need 1 per biscuit.
3. Lay out the remaining biscuits and spread thickly with jam. (To make it smoother you can warm it in the microwave, if required).
4. Once the marshmallows have started melting remove them and put a jam biscuit on top. Do not press down, it's OK if they run out the sides. Put aside and allow to cool for approximately 20 minutes.
5. Put the cooking chocolate into a large bowl. Use a saucepan that the bowl will be able to sit on and fill with approximately 4cm water. The bowl should be sitting low enough in the saucepan so that the bowl is not touching the water or the bottom of the saucepan.
6. Once the biscuits have cooled put the saucepan onto the stove and heat to a simmer. Put the bowl with the chocolate in it on top. Try not to let any moisture near the chocolate, so turn on the exhaust fan and turn the temperature down to eliminate boiling. Stir the chocolate carefully, so as not to burn yourself or to let the bowl move. Once the chocolate has melted take it directly off the heat and add in the oil, stirring. You may need more oil, the oil makes a thinner chocolate spread.
7. Put the 100 and 1000's (if using) in a bowl and have a spoon handy.
8. Dip the biscuits in the melted chocolate using 2 forks and then place onto the baking tray. Sprinkle with 100 and 1000's (optional) and put in the fridge to cool.
9. Store in an airtight container.

Note

Very High Amines, Low Salicylates, Low Glutamates

Refer to the Basics page for [pear jam recipe](#).

To make home made marshmallows follow the recipe for [Cocomallows](#) without using the food colouring or toasted coconut.