

# No-Bake Polish Cake

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-cake-recipe>

## Ingredients:

- 1 stick butter
- 1 egg
- 1 tablespoon golden syrup or honey or maple syrup
- 8 ounces graham crackers or crushed Digestives
- 1 tablespoon drinking chocolate or cocoa powder
- 2 tablespoons sugar
- melted chocolate to cover

## Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 115 milligrams
4. Fat: 34 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 18 grams
8. Sodium: 540 milligrams
9. Sugar: 32 grams

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