Prep Time: 30 minutes | Chill Time: 2 hours | Total Time: 2 hours 30 minutes
Skill Level: Easy | Intensity: Low–Moderate (light stovetop work, no baking)

Table of Contents

- Introduction
- Ingredients
    - For the Nougat Filling
    - For the Chocolate Coating
    - Equipment
- Timing & Intensity Guide
- Instructions
    - Step 1: Prepare the Pan (5 minutes, Low Intensity)
    - Step 2: Make the Nougat Base (10 minutes, Moderate Intensity)
    - Step 3: Press and Chill (1 hour 15 minutes, Low Intensity)
    - Step 4: Cut the Bars (5 minutes, Moderate Intensity)
    - Step 5: Melt the Chocolate Coating (5 minutes, Moderate Intensity)
    - Step 6: Coat the Bars (15 minutes, Moderate Intensity)
    - Step 7: Final Chill (45 minutes, Low Intensity)
- Storage & Tips
- Nutrition (per bar, based on 16 bars)

Introduction

If you love the pillowy, chocolate-covered nougat of a classic 3 Musketeers bar, this homemade version will become a fast favorite. Unlike the store-bought candy, these bars use simple pantry ingredients — marshmallow fluff, melted chocolate chips, and a touch of vanilla — to create that signature fluffy, airy texture. The result is a soft, cloud-like nougat center enrobed in a crisp chocolate shell. They require no oven, no candy thermometer, and no

special equipment beyond a microwave-safe bowl and an 8×8-inch pan. Perfect for homemade gifts, party favors, or a weekend treat.

Ingredients

For the Nougat Filling

- 1 (7 oz / 198 g) jar marshmallow fluff (or marshmallow crème)
- 2 cups (240 g) powdered sugar, sifted
- 1/4 cup (30 g) unsweetened cocoa powder (for a darker, more chocolatey nougat) — *optional; omit for a classic white nougat*
- 1/4 cup (60 ml) heavy cream, warmed slightly
- 1 tsp pure vanilla extract
- Pinch of salt

For the Chocolate Coating

- 12 oz (340 g) milk chocolate chips (or chopped milk chocolate)

- 1 tbsp coconut oil or vegetable shortening (for a smoother, shinier shell)
- *Optional:* 1/4 tsp flaky sea salt for sprinkling

Equipment

- 8×8-inch baking pan
- Parchment paper
- Microwave-safe mixing bowls
- Silicone spatula
- Whisk
- Sharp knife

Timing & Intensity Guide

Stage	Time	Intensity	What to Expect
Prep & lining pan	5 min	Low	Simple setup
Mixing nougat	10 min	Moderate	Stirring thick mixture; arm workout

Stage	Time	Intensity	What to Expect
Pressing & chilling nougat	1 hr 15 min	Low	Hands-off
Cutting & coating	20 min	Moderate	Quick dipping; keep chocolate warm
Final chill	45 min	Low	Hands-off
Total	~2 hr 30 min	Low–Moderate	Mostly passive time

Instructions

Step 1: Prepare the Pan (5 minutes, Low Intensity)

Line an 8×8-inch baking pan with parchment paper, leaving overhang on two sides for easy removal. Lightly grease the parchment with nonstick spray or a thin layer of butter. Set aside.

Step 2: Make the Nougat Base (10 minutes, Moderate Intensity)

In a large microwave-safe bowl, warm the heavy cream in the microwave for 20–30 seconds until just warm to the touch (not boiling). Add the marshmallow fluff and vanilla extract. Microwave for 30 seconds to soften the fluff, then whisk until smooth and glossy.

Gradually add the sifted powdered sugar, cocoa powder (if using), and salt. Stir with a sturdy spatula or wooden spoon until the mixture becomes thick and cohesive — it should pull away from the sides of the bowl and hold its shape. If it’s too sticky to handle, add 1–2 tablespoons more powdered sugar; if too crumbly, add 1 teaspoon of warm cream at a time.

Step 3: Press and Chill (1 hour 15 minutes, Low Intensity)

Scrape the nougat into the prepared pan. Using a spatula (lightly greased to prevent sticking), press the mixture into an even, flat layer, working it into the corners. Smooth the top as best you can. Cover the pan with plastic wrap and refrigerate for at least 1 hour, or until firm enough to cut cleanly.

Step 4: Cut the Bars (5 minutes, Moderate Intensity)

Lift the nougat slab out of the pan using the parchment overhang. Place on a cutting board. Using a sharp knife lightly greased with cooking spray, cut into 16 rectangles (about 1×2 inches each). Wipe and re-grease the knife between cuts for cleaner edges. Return bars to the refrigerator while you melt the chocolate.

Step 5: Melt the Chocolate Coating (5 minutes, Moderate Intensity)

In a microwave-safe bowl, combine the milk chocolate chips and coconut oil. Microwave in 30-second intervals, stirring between each, until fully melted and smooth — about 1½ to 2 minutes total. Do not overheat; the chocolate should be glossy and fluid, around 90–100°F (32–38°C). If it thickens while you work, re-warm in 10-second bursts.

Step 6: Coat the Bars (15 minutes, Moderate Intensity)

Working one bar at a time, drop it into the melted chocolate. Use a fork to turn it, coating all sides. Lift with the fork, letting excess chocolate drip back into the bowl, then tap the fork gently against the bowl edge. Place the coated bar on a parchment-lined baking sheet. If desired, sprinkle with a pinch of flaky sea salt. Repeat with remaining bars. Work quickly and keep the chocolate warm for even coating.

Step 7: Final Chill (45 minutes, Low Intensity)

Refrigerate the coated bars for 45 minutes, or until the chocolate shell is fully set. For best texture, let bars sit at room temperature for 5–10 minutes before eating so the nougat softens slightly.

Storage & Tips

- Storage: Store in an airtight container in the refrigerator for up to 1 week, or freeze for up to 2 months (wrap individually).
- Tip: Sift the powdered sugar — lumps will make the nougat grainy.
- Tip: If the nougat is too soft to cut, chill it longer; if it cracks when cutting, let it warm for 5 minutes.
- Tip: For a darker chocolate shell, substitute semi-sweet or dark chocolate chips.
- Variation: Add 1/2 teaspoon of espresso powder to the nougat for a mocha twist.

Nutrition (per bar, based on 16 bars)

Values are estimates and will vary with brands and portion sizes.

Nutrient	Amount
Calories	~185 kcal
Total Fat	~7 g
Saturated Fat	~4.5 g
Cholesterol	~5 mg
Sodium	~25 mg
Total Carbohydrates	~30 g
Sugars	~26 g

Nutrient	Amount
Protein	~1.5 g