



OMGs and Clodhoppers for Canada Day

 Dairy Free

READY IN



70 min.

SERVINGS



20

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 4 graham cracker squares
- ☐ 6 ounces milk dark chopped
- ☐ 0.3 cup heath chocolate coated toffee bits

Equipment

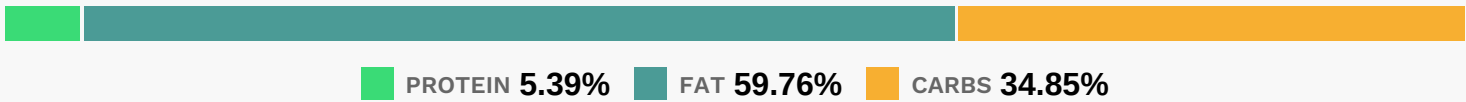
- ☐ bowl
- ☐ frying pan
- ☐ baking paper

- ☐ aluminum foil
- ☐ microwave
- ☐ muffin liners
- ☐ mini muffin tray

Directions

- ☐ Line 20 to 24 mini muffin cups with miniature muffin papers or squares of nonstick foil or parchment paper. If you don't have liners, you could probably get away with rubbing generously with butter and chilling the greased pan before filling.
- ☐ Put the almonds in a dry skillet and toast over medium to medium high heat, stirring often, until they start to brown.
- ☐ Remove from heat and put in a bowl to cool.Break the graham crackers up into small 1/2 inch (ish!) chunks.
- ☐ Put them in the bowl with the almonds. Stir in the toffee bits.In a microwave safe bowl, melt the chocolate using 50% power and stirring every 30 seconds.
- ☐ Combine the chocolate and graham mixture and stir well.Spoon mixture into lined mini muffin pan and chill until set. If using squares of parchment or foil, lift from pan and peel it away. If using cups, you can serve from the cups. If using a buttered tin, just pry the candies out.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:2.43, Inflammation Score:-1, Nutrition Score:2.4100000071947%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 82.23kcal (4.11%), Fat: 5.5g (8.46%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 6.05g (2.2%), Sugar: 4.31g (4.78%), Cholesterol: 3.33mg (1.11%), Sodium: 14.93mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.8mg (2.27%), Protein: 1.12g (2.23%), Manganese: 0.2mg (10.04%), Copper: 0.17mg (8.32%), Iron: 1.13mg (6.26%), Magnesium: 24.48mg (6.12%), Fiber: 1.17g (4.67%), Phosphorus: 37.34mg (3.73%), Vitamin E: 0.47mg (3.14%), Zinc: 0.36mg (2.4%), Potassium: 76.04mg (2.17%), Vitamin B2: 0.03mg (1.73%), Calcium: 12.44mg (1.24%)