



## Sunbutter Chocolate Candies

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



61 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 Tbsp karo syrup
- 2 bars boom choco boom chocolate bars dark enjoy life® (rice milk or chocolate - or other "safe" brand of chocolate)
- 1 Tbsp semi-sweet chocolate chips excellent for gluten-, soy-, and dairy-free enjoy life® ( brand is )
- 2 julienne-cut oil-packed sun-dried tomatoes for your diet tbsp sunbutter® (can sub another nut or seed butter that is suitable )

### Equipment

- bowl

- wax paper
- microwave
- kitchen scissors

## Directions

- Break each boom CHOCO boom bars bar into four sections, for a total of eight pieces. Set aside. Blend Sunbutter with brown rice syrup.
- Mixture should pull away from the bowl and form a ball. Set aside.
- Place 1 level teaspoon of Sunbutter mixture on top of 1 section of boom CHOCO boom bar. Flatten and form Sunbutter mixture to cover the boom CHOCO boom bar piece. Cover a tray or plate with wax paper and place finished candies on top. Continue with remaining boom CHOCO boom bar pieces.
- Place 2 tablespoons of chocolate chips in a small plastic sealable bag.
- Place bag in microwave leaving the top unsealed.
- Heat in short intervals gently pressing the softened chocolate to make sure the chocolate melts evenly. When chocolate is almost melted, remove bag and press out any remaining lumps.
- Remove any air from the bag and seal bag. With a scissors, snip a very tiny hole in one corner of the bag. Beginning on the wax paper, drizzle the melted chocolate back and forth over the candies. Allow chocolate to harden about 20 minutes. Share and enjoy with those you love!

## Nutrition Facts

**PROTEIN 4.96%** **FAT 55.22%** **CARBS 39.82%**

## Properties

Glycemic Index:2.88, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:1.8156521602979%

## Nutrients (% of daily need)

Calories: 61.04kcal (3.05%), Fat: 3.82g (5.88%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 5.29g (1.92%), Sugar: 3.93g (4.37%), Cholesterol: 0.32mg (0.11%), Sodium: 3.46mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.21mg (2.4%), Protein: 0.77g (1.54%), Manganese: 0.17mg (8.32%), Copper: 0.15mg (7.58%), Iron: 0.96mg (5.35%), Magnesium: 20.18mg (5.05%), Fiber: 0.91g (3.65%), Phosphorus: 28.27mg (2.83%), Zinc: 0.29mg (1.96%), Potassium: 60.86mg (1.74%)