

Snickers

THM-Friendly: S

Nougat Layer:

- 1 cup almond flour
- 3 T. half and half
- 3 Tbsp. allulose
- 1 tsp. caramel extract
- 1/4 cup collagen

Caramel Layer:

- 3 Tbsp. butter
- 1/4 cup allulose
- 1/4 cup half and half
- 1/8 tsp. xanthan gum



Topping:

- 1/4 cup salted peanuts
- 1 12-oz. bag of on-plan chocolate chips
- 1 tsp. coconut oil

Mix the nougat ingredients and spread evenly into the molds. Press down with a spoon to make sure it is packed well.

For the caramel: On medium heat, melt down the butter and allulose until it just starts to turn brown and foamy. Turn your heat down to low; then add your cream. Take off the heat. Sprinkle on the xanthan gum and whisk, whisk, WHISK! Keep stirring until it turns into caramel.

Top each bar with 1 Tbsp. of the caramel and a few peanuts.

Melt the coconut oil and chocolate chips slowly in the microwave (30-second increments). Top each bar with chocolate. You can put them in silicon bar pans or in an 8x8" pan. (You might want to line the pan with parchment paper.) Refrigerate until firm.

enJOY!

