Healthy Fun Size Snickers Bars (Vegan, Grain-Free)

Yield: 6 min
Total Time: 20 min

Recipe from: https://www.recipeschoose.com/recipes/chinese-peanut-nougat-recipe

Ingredients:

- base CHOCOLATE
- 5 tablespoons coconut oil melted
- 4 tablespoons cocoa powder
- 2 teaspoons maple syrup
- 1/8 teaspoon salt
- nougat LAYER:
- 4 tablespoons coconut oil melted
- 2 tablespoons milk your choice
- 3 tablespoons maple syrup
- 1/2 teaspoon vanilla
- 1/2 cup oats ground into flour, use almond flour if grain-free
- 1/8 teaspoon sea salt
- caramel
- 8 dates Medjool
- 2 tablespoons peanut butter I used salted so I didn't add any extra salt
- 1 teaspoon vanilla
- 2 teaspoons water
- 1/4 cup peanuts

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 38 grams
3. Fat: 28 grams
4. Fiber: 4 grams
5. Protein: 7 grams
6. SaturatedFat: 19 grams
7. Sodium: 160 milligrams

8. Sugar: 23 grams

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