AMERICAN · DESSERT · SNACK

Keto Candy Bars with Chocolate and Nuts

10 min · plus 1 hour freezing Makes 18 × 1 bar 245 kcal a portion

Video 4:49 · Joe Duff - The Diet Chef

Vegan Gluten-free ingredients

Nuts, seeds and sugar-free chocolate with no added sugar: about 6 g net carbs and 7 g fibre a bar, and the almonds and sunflower seeds make it rich in vitamin E.

Diet notes: Keto (6.5 g net carbs a serve).

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Ingredients 7 · MAKES 18 × 1 BAR

- [ ] 125 g **almonds**
- [ ] 100 g **macadamia nuts**
- [ ] 30 g **salted sunflower seeds**
- [ ] 235 g **sugar-free dark chocolate chips** (Lily's)
- [ ] 256 g **sunflower seed butter**
- [ ] 3 tbsp (42 g) **refined coconut oil**
- [ ] heaping 65 g **confectioners erythritol sweetener** (Swerve)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Measure the almonds, macadamias and sunflower seeds, tip them into a large zip-top bag and crush them roughly with a rolling pin. Set aside. 0:33
2. In a large bowl, stir together the chocolate chips, sunflower seed butter and coconut oil, then microwave in 45-second bursts, mixing after each, until fully melted and smooth. 1:24
3. Sift in the powdered sweetener, add the crushed nuts and mix until everything is evenly coated. 3:00
4. Wet the bottom of an 28 × 18 cm tray so a sheet of baking paper sticks, trim the paper, then pour in the mixture and smooth it with a spatula. 3:31
5. Freeze for at least 1 hour, until set, then cut into 18 bars with a sharp knife. Keep them in the freezer. 4:02

> **Tip** Any mix of nuts and seeds works, peanut butter can replace the sunflower seed butter, and powdered monk fruit can replace the Swerve. The cook used salted nuts. Keep the bars frozen.

The method is a summary in our words — the video shows every step.

One portion (1 bar) gives you 1 OF 18 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
245 kcal	5.6 g	13 g	7 g	22 g	10 mg
1,020 kJ	11% of a day	6.5 g net · 2.1 g sugars	25% of a day	6 g saturated	1% of a day
		5% of a day		29% of a day	

Energy from net carbs 11% · protein 9% · fat 80% — fits keto: 6.5 g net carbs, 80% of the energy from fat

High in (20%+ of a day) Vitamin E 37% · Selenium 30% · Magnesium 20%

Source of (10–19%) Iron 12% · Zinc 12% · Folate 10%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=HO5cXJb48lk, published 3 May 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-chocolate-nut-crunch-bars