



# The Good Chocolate

RECIPE EBOOK BY

# FODMAP Friendly

12 Low FODMAP Recipes

Savoury, Protein Snacks & Sweet

Including Gluten Free & Dairy Free Options



**Stephanie Castle** – Accredited Practising Dietitian,  
BNutrSc, MDiet

**Kiarra Martindale** – Accredited Practising Dietitian,  
BBiomedSc, MDiet

**Rebecca Ponsford** – Accredited Practising Dietitian,  
BNutrDiet(Hons)

# Introduction

A low FODMAP diet can be quite confusing for anyone to start following, let alone if you have additional dietary requirements to account for.

**Can you eat a diet low in FODMAPs** that includes **chocolate**? With a little extra planning, yes! This recipe eBook aims to provide you with delicious recipes while keeping your diet low in FODMAPs.

This recipe book contains savoury, sweet and snack options which are **FODMAP Friendly recipes**, delicious for everyone to enjoy. Additionally, this book highlights delicious FODMAP Friendly certified products to assist you when shopping for ingredients. All recipes are **Dietitian approved** to be low FODMAP at the serve size provided for each recipe.

Enjoy making the recipes and don't forget to tag us **@fodmapfriendlyfoodprogram** on Instagram so we can see your recreations!

For more information on the low FODMAP diet or available FODMAP Friendly certified products, please visit our website at: [fodmapfriendly.com](http://fodmapfriendly.com)



## What are FODMAPs?

FODMAPs are short chain carbohydrates and sugar alcohols found in foods naturally or as additives.

The FODMAP subgroups include excess fructose, lactose, fructans, GOS, sorbitol and mannitol.

FODMAP is an acronym that stands for:

**Fermentable** - meaning they are broken down (fermented) by bacteria in the large bowel.

**Oligosaccharides** - “oligo” means “few” and “saccharide” means sugar. These molecules are made up of individual sugars joined together in a chain. These include *fructans* and *galacto-oligosaccharides (GOS)*.

**Disaccharides** - “di” means two. This is a double sugar molecule. *Lactose* is the disaccharide in FODMAP.

**Monosaccharides** - “mono” means single. This is a single-sugar molecule. The monosaccharide in FODMAP is *fructose* (when present in excess of glucose).

**And**

**Polyols** - these are sugar alcohols (however don't lead to intoxication!) These include *sorbitol* and *mannitol*.

A diet low in FODMAPs has been shown to improve the symptoms of Irritable Bowel Syndrome including excessive wind, abdominal pain, bloating and changes in bowel habits (diarrhoea and/or constipation).

## What does FODMAP Friendly mean?



FODMAP Friendly is a Globally Registered Certification Trademark. FODMAP Friendly laboratory test and certify low FODMAP food and drink products globally. This assists those with IBS to purchase food products they know are going to be low in FODMAPs.

Look for the **FODMAP Friendly** logo on food products to **Shop** and **Eat** with **Confidence**.






# Contents








## Low FODMAP & Savoury

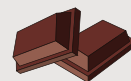
-  Savoury Good Choice BBQ Sauce 7
-  The Good Chocolate Mole 8

## Low FODMAP & Protein or Snacks

-  The Good Chocolate Bliss Balls 11
-  Granola Bars 12
-  Chocolate Peanut Protein Balls 13

## Low FODMAP & Sweet

-  Chocolate Cookies 15
-  The Good Chocolate Soufflé 16
-  Chocolate and Raspberry Brownies 17
-  Chocolate Crater Cake 18
-  Dark Chocolate Mousse 19
-  Chocolate Chip Cookies 20
-  Chocolate Salted Caramel Bars 21



Thank you to The Good Chocolate as well as their collab-chef, Adam Weiss for the inspiration for these recipes.



Thank you to Steven Cui and thank you to Ryan Day for these recipes.

Acknowledgement to Steven Cui, Kelly Bramble, Kathleen Petrelis & Ryan Day for recipe testing.



# Savoury



# SAVOURY BBQ SAUCE

This chocolate BBQ sauce is bursting with flavours and can be used to marinate your protein of choice or as a condiment

**Serves: 6**

**Cook time: 40-50mins**

## Ingredients:

- 1 Tbsp. (1 oz.) oil
- 2 spring onions, green tops only, sliced
- 2 tsp **Cobram Estate Garlic Infused Extra Virgin Olive Oil**
- 1/4 cup vinegar
- 170g (6 oz.) can tomato paste
- 370g (13 oz.) can pureed tomato
- 3 Tbsp. **Casa de Sante Chilli Seasoning** or **Casa de Sante BBQ Rub**
- 2 Tbsp. Dijon mustard
- 1/3 cup Worcestershire sauce
- 225g (8 oz.) chopped **The Good Chocolate Signature Dark**
- 6 Tbsp. butter room temperature
- Salt to taste

## Method:

1. In a medium sized pot with wide bottom, sweat spring onion tops in oils over medium heat until translucent
2. Add in vinegar, tomato paste, and pureed tomato - bring to simmer and simmer for 30 mins, until slightly reduced.
3. While still simmering - add in chilli/BBQ powder, mustard, Worcestershire, and chocolate - stir well to combine until chocolate is melted
4. Take off heat and stir in butter, keep stirring until butter is fully incorporated and sauce is homogenized.

## *Serving suggestions:*

*For brisket - dry rub with the chili powder mix, slow roast till fallen apart, then use sauce as condiment*

*For Chicken and Tofu - marinade in sauce, grill to cook, then use sauce as condiment*

*See the last page for FODMAP Friendly products*



# THE GOOD CHOCOLATE MOLÉ

Traditionally a Mexican marinade and sauce, this low FODMAP The Good Chocolate recipe is the PERFECT way to spice up and add flavour to any dish! Try adding to your next chicken or Mexican dish – you won't regret it!

*Serves: 8    Cook and preparation time: 3-4 hours*

## Ingredients:

- |  |   |
|--|---|
| 2 whole dried red chillies                                       | ¼ tsp whole black peppercorns                     |
| 1 tsp chipotle chilli powder                                     | ¼ tsp anise seeds                                 |
| 2 medium red Capsicum (peppers)                                  | ½ stick cinnamon                                  |
| 2 tsp <b>Cobram Estate Garlic Infused Extra Virgin Olive Oil</b> | 4 Tbsp. unsalted butter,                          |
| 2 tsp Cobram Estate Extra Virgin Olive Oil                       | ¼ unripe banana, peeled and finely chopped        |
| 2 medium tomatoes, cored and quartered                           | ½ small corn tortilla, roughly chopped            |
| 2 spring onions, green tops only, sliced                         | 2 Tbsp. smooth peanut butter                      |
| ½ tsp. whole cloves  | 1 ½ Tbsp. sesame seeds, plus more for garnish     |
| ½ tsp. whole allspice berries                                    | 1 Tbsp. raisins                                   |
| ¼ tsp. coriander seeds   | 1 bar of <b>The Good Chocolate Signature Dark</b> |
|  | 2 tsp kosher salt                                 |

*See the last page for FODMAP Friendly products*







### **Method:**

1. Preheat oven to 180°C/350°F.
2. Brush the red peppers with garlic infused olive oil and place on a lined oven tray. Roast for around 30 mins. Add the chillies at the last 2 minutes of cooking. Transfer chillies and red peppers to a bowl and pour over 5 cups of boiling water and let sit for about 30 mins. Drain and reserve liquid. Remove stems and seeds from chillies. Reserve 1 tsp of seeds.
3. Meanwhile, heat a large frypan or grill pan with 2 tsp extra virgin olive oil. Add tomato and spring onion tops and cook, turning as needed until charred all over, about 15 mins.
4. Add chillies and 1 tsp of seeds and cooked vegetables to a blender or food processor.
5. In a large sauce pan, melt butter and add banana, tortilla, peanut butter, sesame seeds, and raisins- until all ingredients are either toasted or softened, about 12 mins. Add ingredients to blender/food processor.
6. Toast spices over low medium heat, stirring, about 6 mins. Cool and grind in spice grinder or mortar pestle. Add to blender/food processor.
7. Blend all ingredients till smooth adding reserved chili soaking liquid to help processing and to get to desired sauce consistency.
8. Add puree to pot and bring to simmer. Add chocolate and salt to taste. Cook over low simmer for 15 mins.

**Serve over roasted or poached chicken with Mexican rice on the side, topped with sesame seeds. Great on Tamales as well!**

# Protein Snacks



# THE GOOD CHOCOLATE BLISS BALLS

*Serves: 10 Cook time: 12 mins Chill time: 3 hours*

An easy and tasty snack that is packed full of protein! This chocolatey, nutty bliss ball is the perfect snack when you are looking for something sweet, that will also satisfy your hunger!



## **Ingredients:**

280g (10 oz.) **The Good Chocolate Signature Dark**

4 Tbsp. Almond Butter

1/2 cup lactose free cream

## *Coating:*

1 cup chopped Peanuts

1 cup shredded unsweetened coconut

1 cup macadamia nuts

## **Method:**

1. Chop the chocolate and place in a medium bowl. Place the Almond butter in bowl as well.

2. Microwave the cream on high until hot but not boiling, 30 seconds to 1 minute. Alternatively, heat the cream over low heat in a small saucepan until steaming.

3. Pour the hot cream over the chopped chocolate and set aside for 5 minutes, to melt

4. Whisk the cream and chocolate together until smooth and shiny. (Can be done in food processor also)

5. Chill in fridge for 3 hours or until congealed.

6. Scoop into 1 Tbsp. sized balls and roll into the nuts and seeds to coat the outside. The coating can be modified to fit your tastes, have fun with it!



**Can be kept refrigerated for up to a 1 month or a room temp for 1 week**

*See the last page for FODMAP Friendly products*

# GRANOLA BARS

Craving an afternoon sweet treat? If so, these granola bars are for you! Not only are they low FODMAP but they also are a great source of fibre and protein and are low in sugar! They'll help to boost your energy without the sugar crash.

## Ingredients:

1 cup natural peanut butter  
2/3 cup maple syrup  
1 tsp vanilla extract  
½ heaped tsp sea salt

2 ½ cups **Uncle Toby's Rolled Oats**  
1/3 cup **The Good Chocolate**, chips or grated  
3 Tbsp. pumpkin seeds

*See the last page for FODMAP Friendly products*

**Store in an air tight container, in the fridge for up to 1 week**



*Serves: 8*

*Prep time: 5 mins*

*Chill time: 60 mins*

## Method:

1. Line an 8x8cm (3x3 inch) baking pan with parchment paper.
2. In a large bowl, stir together the peanut butter, maple syrup, vanilla, and salt, until smooth.
3. Add the oats, chocolate chips and the pumpkin seeds (or nuts).
4. Stir to combine (the mixture may appear dry at first, but keep stirring and it will come together) and press firmly into the lined pan. Use a second piece of parchment paper/baking paper and the back of a measuring cup to help flatten the mixture. Chill for at least 1 hour, and then slice into bars.

## Optional additions:

Swap pumpkin seeds for low FODMAP mixed nuts  
Add in a small handful of dried fruit (depending on your individual tolerances)

\*this recipe is low FODMAP when total recipe is divided into 8 or more serves. This will depend on individual differences however, typically 2 serves at once is fine for most.

# CHOCOLATE PEANUT BUTTER PROTEIN BALLS

*Serves: 16-20    Prep time: 15 mins    Cook time: Nil*

Who doesn't love PB!? Mix Peanut butter, oats, the sweet taste of maple and **The Good Chocolate** together and you have a snack that will not only taste great, but also provide you with a balanced, filling snack or dessert

## **Ingredients:**

- 1 ½ cups **Uncle Toby's Rolled Oats**
- ¼ cup shredded coconut
- ½ cup cacao powder
- 1 tsp vanilla extract
- 1 cup walnuts
- 3 Tbsp. pure maple syrup
- 1 ¼ cup natural peanut butter
- 2 Tbsp. shaved **The Good Chocolate Signature Dark**

## **Method:**

1. Place all the ingredients in a large bowl and mix it thoroughly until all the ingredients are combined.
2. Grab a small amount of the mixture and roll into an 1-inch sized ball and place onto a tray or a lined pan. Repeat the same process with the remaining mixture and enjoy!

**Store in an airtight container in the fridge for up to 4 days or in the freezer for 1 month.**

*See the last page for FODMAP Friendly products*



Sweet



# CHOCOLATE COOKIES



Once you have one of these cookies, you won't want to stop! These low FODMAP chocolate chip cookies are delightfully sweet and chewy, leaving everyone wanting more!

*Serves: 12 Prep time: 15-20 mins Cook time: 12 mins*

## Ingredients:

100g (3.5 oz.) almond flour  
40g (1.5 oz.) coconut flour  
1 Tbsp. arrowroot powder  
1 tsp salt  
1/2 tsp baking soda  
1/2 tsp xanthan gum  
150g (5.3 oz.) unsalted butter at room temperature  
100g (3.5oz.) **Cocolife Snew** or regular sugar  
1 tsp vanilla extract  
1 egg  
120g (4.2oz.) **The Good Chocolate Bar** broken into chunks  
70g (2.5oz.) pecans roughly chopped  
Flaky sea salt to garnish

*See the last page for FODMAP Friendly products*

*Shaped dough can be frozen for up to 3 months. This can be baked straight from the freezer, just add 2-3 minutes more to the baking time.*

## Method:

1. Add almond flour, coconut flour, arrowroot powder, salt, baking soda and xanthan gum to a medium bowl. Whisk until well combined and set aside.
2. Cream butter in a large bowl with an electric mixer until softened, 1-2 minutes. Add in sweetener or sugar and continue to cream until light and fluffy, about 8 minutes.
3. Add in vanilla extract and egg, mixing until just incorporated. The mixture will not appear completely smooth.
4. With the mixer on a low speed, add in half of the flour mixture. Mix until just incorporated, then mix in the rest.
5. Fold in chocolate and pecan bits. Cover with cling film/glad wrap and refrigerate for 1 hour.
6. Preheat oven to 180°C /350°F and line a baking tray with parchment paper/ baking paper.
7. Divide the cookie dough into 12 large round balls and flatten slightly (8-9 cm cookies or 3 1/2-inc). Tip! For crispier cookies, flatten them more. For thick cookies, only slightly flatten them.
8. Place cookie dough on the prepared baking tray. Bake for 9-10 minutes for smaller cookies and 12-13 minutes for the jumbo, rotating the tray around half way through.
9. Garnish with flaky sea salt and allow the cookies to cool completely on the trays. Store in an airtight container for 3-4 days or freeze for up to 3 months.

# THE GOOD CHOCOLATE SOUFFLÉ

A delicate and rich soufflé shouldn't just be for 'fancy restaurants', but should be enjoyed in your own home, cooked up in your kitchen. The Good Chocolate Soufflé is so gorgeously chocolatey and light you will hardly believe it is low FODMAP!

## Ingredients:

114g (4 oz.) unsalted butter, softened, plus more for coating dish  
50g (1.7 oz.) castor sugar  
225g (8 oz.) **The Good Chocolate Signature Dark**, chopped

6 eggs, separated, at room temperature  
20g (0.7 oz.) Corn starch  
Pinch fine sea salt (optional)

*See the last page for FODMAP Friendly products*



*Serves: 1*

*Prep time: 25 mins*

*Cook time: 35-40 mins*

## Method:

1. Remove wire racks from oven and place a baking sheet directly on oven floor. Heat oven to 200°C /400°F.
2. Generously butter a soufflé dish. Coat bottom and sides thoroughly with sugar, tapping out excess. For the best rise, make sure there is sugar covering all the butter on the sides of the dish
3. In a medium bowl, melt chocolate and butter either in the microwave or in a bowl over a pot of simmering water. Let cool only slightly (it should still be warm), then whisk in egg yolks and salt.
4. Using an electric mixer, beat egg whites at medium speed until the mixture is fluffy and holds very soft peaks. Add sugar 1 Tbsp. at a time, beating until whites hold stiff peaks and look glossy.
5. Gently whisk a quarter of the egg whites into the chocolate mixture to lighten it. Fold in remaining whites in two additions, then transfer batter to prepared dish. Rub your thumb around the inside edge of the dish to create about a ¼-inch space between the dish and the soufflé mixture.
6. Transfer dish to baking sheet in the oven, and reduce oven temperature to 190°C/375°F. Bake until soufflé is puffed and centre moves only slightly when dish is gently shaken, about 25-35 minutes. (Do not open oven door during first 20 minutes!)



# CHOCOLATE & RASPBERRY BROWNIES

*Serves: 12-16 Prep time: 15 mins Cook time: 20-30 mins*

These rich and chocolatey brownies, using The Good Chocolate, will leave you wanting more. The perfect dessert or treat!

## Ingredients:

1 cup low FODMAP all-purpose flour (see last page for flour options)  
3 large eggs (lightly beaten)  
150g (5 oz.) unsalted butter (melted)  
½ cup cocoa powder  
1 cup caster sugar  
½ cup brown sugar  
¼ cup **The Good Chocolate Signature Dark**, chopped  
1 tsp xanthan gum  
1 cup raspberry (frozen)  
1 tsp vanilla extract

*See the last page for FODMAP Friendly products*

## Method:

1. Preheat oven to 180°C/355°F and line a brownie tin of 20x30cm (8x11inch) with baking paper
2. Sift all the dry ingredients (flour, cocoa powder and xanthan gum) into a mixing bowl. Then add caster sugar and mix together in a bowl
3. In a large saucepan, add dark chocolate chips, butter and brown sugar and heat them through over low heat until all the ingredients are melted. Continuing to stir the mixture to avoid burning.
4. Once the mixture becomes smooth and well combined, remove the saucepan from the heat. Add eggs and whisk vigorously to prevent the egg from cooking
5. Combine chocolate mixture to the dry ingredients. Then add the vanilla extract and fold through thoroughly
6. Pour the mixture into the brownie tin and evenly spread out. Top with raspberries
7. Bake for 25-30 minutes. Test by inserting a skewer into the middle of the brownie - if it comes out clean, it is ready to be removed from the oven. Leave to cool completely
8. Once it's completely cooled, slice the brownies into squares

**Tip: Dust with icing sugar or cocoa powder to serve**



Named so for the similarity of the cake surface and the surface of the moon, this flourless cake is the perfect cake for a chocoholic!

# CHOCOLATE CRATER CAKE

## Ingredients:

14 Tbsp. (approx. 200g/7 oz.) unsalted butter, cut into 0.5cm/1/4-inch cubes, plus more for the pan  
280g (10 oz.) **The Good Chocolate Signature Dark** (Ginger and Mint flavours work well with this)  
1/2 cup sugar  
5 large eggs  
Whipped cream to serve (1-2 Tbsp. per serve)

*See the last page for FODMAP Friendly products*

## Method:

1. Position a rack in the middle of the oven and preheat the oven to 180°C/350°F. Lightly butter a 9 by 2-inch round cake pan and line the bottom with parchment paper/baking paper.
2. Place the butter and chocolate in the top of a double boiler or bowl over over gently simmering water. Whisk occasionally until the chocolate has melted and the mixture is smooth. Remove from heat.
3. In a large bowl, whisk together the eggs and sugar. Gradually whisk in the melted chocolate mixture, and continue whisking until thoroughly combined.
4. Pour the batter into the prepared pan. Place the pan in a larger baking pan, and cover the top of the cake pan with foil. Add enough very hot water to the baking pan to come halfway up the sides of the cake pan, and bake for 1 hour and 15 minutes to 1 hour and 30 minutes, or until the cake has set. To test, touch the centre of the cake lightly with your fingers: the surface will be slightly tacky, but your fingers should come away clean.
5. Carefully remove the cake pan from the water bath and place on a cooling rack to cool completely.
6. Cover the pan with plastic wrap/cling wrap and refrigerate for at least 2 hours or up to 3 days.
7. To serve, run a knife around the edges of the cake to loosen the sides. Warm the bottom of the cake pan with a hot towel or over a gas burner, moving the pan constantly to heat the bottom evenly and loosen the cake. Invert onto a serving plate. Peel off the parchment paper/baking paper.
8. Cut into thin slices and serve each slice with a dollop of whipped cream.



**Serves: 12-14**  
**Prep time: 30 mins**  
**Cook time: 2 hours**

# DARK CHOCOLATE MOUSSE

Calling all chocolate mousse lovers!  
Light, fluffy and full of flavour - this low FODMAP chocolate mousse is perfect for you or your dinner party!

## Ingredients

- 250g (9oz.) **Good Chocolate Signature Dark**, chopped
- 3 large eggs (room temperature)
- 50g (1.7 oz.) butter
- 3 Tbsp. caster sugar
- ½ cup **Liddells Lactose Free Plain Yoghurt or cream** (decoration)
- 8-12 large strawberries (decoration)

## Method

1. Place the dark chocolate chips and butter into a small saucepan and heat the saucepan over low heat and stir gently until it's all melted.
2. Separate the eggs. Add the egg yolks to the chocolate mixture and whisk it vigorously to prevent the egg yolks from cooking.
3. Place the egg whites into a large bowl and beat until soft peaks form, add caster sugar gradually into the egg whites and beat until stiff peaks form.
4. Fold the egg white mixture through the chocolate mixture until it is all combined. Spoon the mixture into serving glasses and refrigerate for 2 hours or overnight until all set.
5. Decorate the chocolate mousse by topping the glass with one dollop of lactose free yoghurt or cream and strawberries before serving.

*See the last page for FODMAP Friendly products*

*Serves: 8-12*  
*Prep time: 20-30 mins*  
*Chill time: 2 hours*



# CHOCOLATE CHIP COOKIES

Picture this.. warm, soft and gooey chocolate chip cookie dipped into some warm lactose free milk, snuggled up on the couch, watching your favourite movie! Well do we have the perfect cookies for you. Try these low FODMAP chocolate chip cookies, using The Good Chocolate and you will have your perfect night set!

## Ingredients:

2 cups low FODMAP flour (see last page for flours)	2 tsp vanilla extracts
300g (10.5 oz.) <b>The Good Chocolate Signature Dark</b> , chopped	1 cup caster sugar
200g (7oz.) butter	½ cup brown sugar
2 large eggs	1 tsp salt
	1 tsp bicarb soda

*Serves: 20-24*

*Prep time: 20 mins*

*Cook time: 20 mins*

*See the last page for FODMAP Friendly products*



## Method:

1. Preheat oven to 190°C/370°F and line two baking trays with parchment paper/baking paper
2. Using an electric mixer, beat the butter on a medium to high speed until creamy. Add caster sugar and brown sugar and beat on medium to high speed until it's lightened in colour
3. Beat in the vanilla extract and the egg one at a time until everything is incorporated.
4. Sift all the dry ingredients (flour, salt, baking soda) into the mixture and use a spatula to mix all the ingredients through until it's well combined and forming a dough.
5. Add in the dark chocolate to the mixture and fold it through.
6. Use a spoon to form the cookie dough into size of a golf ball and place them onto the baking tray. Make sure to space out the dough balls evenly and press them down slightly.
7. Place balls in fridge for 15 minutes prior to baking to prevent the cookies spreading too much.
8. Bake them in the oven for 10-15 minutes until lightly golden and brown and transfer them onto a cooling rack to let them cool completely.

**Store in air tight container, at room temperature for up to 1 week**

# CHOCOLATE SALTED CARAMEL BARS

These low FODMAP chocolate caramel bars are a perfect mixture of salty and sweet, with a crumbly biscuit base and hard chocolate topping.

*Serves: 16-20*

*Prep time: 15 mins*

*Cook time: Nil*

## **Ingredients:**

### Biscuit base:

1 cup low FODMAP flour (see last page for flours)

½ cup caster sugar

½ cup desiccated coconut

120g (4oz.) butter

### Caramel filling:

½ cup coconut oil

½ cup caster sugar

1 cup coconut cream

½ Tbsp. gelatine powder

### Chocolate top layer:

1 cup **The Good Chocolate Signature**

**Dark**, chopped

1 tsp sea salt

15g (0.5 oz.) unsalted butter

*See the last page for  
FODMAP Friendly products*





### **Method:**

1. Preheat oven to 160°C/320°F and line a 9x9 inch (23x23cm) square baking tin and spray the tin with canola oil spray and then set it a side
2. For the biscuit base, melt the butter and leave it to cool slightly. Then mix the melted butter and rest of the ingredients for the base in a bowl until well combined. Transfer the mixture into the baking tin. Press the mixture into the tin and smooth out evenly using a spatula. Bake the mixture for 10-15 minutes, or until golden, and set aside to cool.
3. For the caramel filling, place coconut oil and caster sugar in a saucepan and bring it to boil, stir until light brown and then remove the saucepan from the heat immediately. Then add the coconut cream slowly to the saucepan and whisk the caramel until smooth. Dissolve the gelatine powder in hot water and once it is dissolved add it to the caramel. Heat the saucepan again and whisk the caramel to make sure all the gelatine is incorporated.
4. Pour the caramel mixture on top of the biscuit base in the baking tin and refrigerate for at least 15-20 minutes.
5. For the chocolate top layer, melt the chocolate and butter in a heat proof bowl over a saucepan with boiling water. Once it is all melted pour the chocolate mixture on top of the caramel filling layer in the tin and sprinkle the salt over the top.
6. Refrigerate the tin and let it chill completely until the top chocolate layer is set. Once set, remove from tin and baking paper and cut them into square bars for serving.

**Refrigerate for up to 2 weeks OR freeze in air tight container for up to 2 months**

# THE GOOD CHOCOLATE™



# FODMAP Friendly Certified Products





# FODMAP Friendly Certified Flour

