

# Fudgy Puffed Wheat Squares

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All the chocolatey goodness of this favourite comfort sweet without using corn syrup or refined sugar and only 60 calories per square.

7 Tbsp butter  
150 ml agave nectar\*or honey  
80 grams cocoa powder,  
unsweetened  
80 grams good quality unsweetened  
chocolate\*, chopped  
100 grams puffed wheat cereal

- 1 Place the puffed wheat in a large bowl and set aside. Butter a 9x13 pan\* and set aside.
- 2 In a medium saucepan over medium heat, melt the butter with the agave nectar or honey until it begins to bubble. Reduce heat to medium-low.
- 3 Whisk in the unsweetened cocoa powder until smooth and allow the mixture to come to a hard bubble for about 2 minutes, whisking from time to time to keep it from bubbling over.
- 4 Remove the chocolate syrup from the heat and add the chopped, unsweetened chocolate, whisking until smooth and thickened.
- 5 Pour the chocolate sauce over the puffed wheat and using two silicone\* or non-stick spatulas, stir to coat the puffed wheat.
- 6 Tip the coated puffed wheat into the prepared pan - wet your hands and press the puffed wheat into a fairly firm and even layer. (Because you're not using corn syrup/refined sugar, caramelization won't be as strong, so you don't have to worry about hard puffed wheat squares).
- 7 Refrigerate an hour or until cold (or pop in the freezer about 20 minutes). Cut into 35 pieces and enjoy!

Serves: 35

## Tips, Suggestions, and Variations

\*Agave nectar is sweeter than sugar but with a much lower glycemic load, available in Save-On's organic section; Planet Organic; Earth's General Store; most vitamin/natural health shops; and even Costco.

\*A 9x13 pan is the standard, but the pans I have are 8-½ x 12 and they work just fine.

\*Unsweetened baking chocolate will work for this recipe, but the better the quality, the better the taste. You can get it at a chocolate shop (like Kerstin's Chocolates) and some bulk food shops. An 80 to 95% cocoa chocolate (such as Lindt) works great, but will have a small amount of refined sugar. Fair trade chocolate almost always uses unrefined sugar.

\*Silicone or non-stick spatulas are available at kitchen stores and most supermarket. The chocolate coating in this recipe is very thick and using silicone keeps it from sticking to the tools.

Vegan option: Use Earth Balance spread instead of butter and dark vegan chocolate (as high a cocoa content as possible).

Gluten-Free option: use puffed rice instead of puffed wheat.

Approximate nutrition per square: 59 calories, 3.9 gr fat (2.4 sat), 1.6 mg sodium, 7.8 gr carb, 1.5 gr fibre, 1 gr protein. Actual nutrition may vary depending type and brands of ingredients used.

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