

Copy Cat 100 Grand Bars

Hands On Time: 45 minutes

Total Time: 1 hour and 30 minutes



I first had a 100 Grand Bar when I was just a kid. I haven't had one in about 10-15 years, and I miss them! Ohh so gooey in the middle and that light crispy crunchy on the outside. I don't know how I've gone so long without mastering my own recipe, but here it is! Perfection!

These do take some time and effort, but not anything that you can't do. Pinky swears It will absolutely help if you have a food thermometer as the temperatures are pretty important.

You can try it without one, using my timings, but don't be mad at me if it doesn't work. Deal?

Enjoy!

INGREDIENTS:

Caramel:

½ cup of heavy cream

4 Tablespoons of butter

3 Tablespoons of water

1 cup of Sukrin:1

½ cup of Sukrin Gold

1 teaspoon of vanilla extract

1 teaspoon of Fiber Syrup Gold/Clear

Pinch of salt

Coating:

80 grams of Sukrin Milk Chocolate

1 cup of Sun Crisps

METHOD:

Place butter and cream in one pan and heat until butter melts. Set aside.

In a second pot combine sweeteners, water, salt, syrup and vanilla.

Heat while stirring until mixture boils.

Boil for approx. 15 minutes until temperature reaches 300° F.

Pour the cream mixture in. The mixture will bubble up, keep stirring.

Cook on med-high for another 15 minutes.

Check for consistency by dripping some mixture into a glass of ice water. The set consistency is how your final product will set.

You want firm but not hard.

Lightly grease and line an approx. 7 inch square cake tin and pour hot mixture in.

Set aside until mixture cools a bit and then place in fridge until set.

When set, melt the chocolate in a bowl over a pot of boiling water until liquid.

Add the Sun Crisps and keep warm until ready for use.

Take your caramel out of the fridge, remove from the tin using the lining paper and place on a flat surface.

Cut into 16 squares. This caramel is pretty sticky so oil the blade of your knife if required.

Using two forks, roll the squares in the chocolate coating and place on a lined tray.

When all squares are done, chill in fridge until set.

Store, in an airtight container, in the fridge for up to seven days.

NUTRITIONAL INFORMATION:

3:36 @ 100% battery

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100 Thousand Dollar Bars

Defined by ingredients

Nutritional data (per serving)

Total Carbs	13.4 grams
Net Carbs	5.5 grams
Protein	2 grams
Fat	7.5 grams
Calories	101 kcal

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Ingredients (makes 16 servings)

4 tbsp of butter, unsalted, grass-fed	56.8 grams	<input type="checkbox"/>
½ cup of cream, heavy whipping, pouring, full-fat (30-40% fat)	120 grams	<input type="checkbox"/>
¼ serving 1 tbsp of Molasses	5 grams	<input type="checkbox"/>
1 dash of salt, sea salt		<input type="checkbox"/>
½ cup of Sukrin Gold, brown sugar substitute	80 grams	<input type="checkbox"/>
80 grams of Sukrin Milk Chocolate	80 grams	<input type="checkbox"/>
60 grams of Sun Crisp Crunch	60 grams	<input type="checkbox"/>
1 cup of tagatose, natural sweetener	160 grams	<input type="checkbox"/>
1 tsp of Vanilla extract, imitation, alcohol	4.2 grams	<input type="checkbox"/>
60 ml of water, still	60.1 grams	<input type="checkbox"/>

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