



## Dairy-Free Peanut Brittle

Peanut brittle makes a nice holiday gift, and it can be served as a snack or dessert on a variety of occasions. There was only a dab of butter in our original recipe, meant primarily to minimize foaming as the candy syrup boils. It is easy to replace such a small amount of butter with another fat such as coconut oil, without changing the flavor or function of the recipe. Unlike high-fructose corn syrup, ordinary corn syrup is very low in fructose, so it is suitable for low-FODMAP diets. Read the label on the corn syrup carefully to verify no high-fructose corn syrup or sucralose are added (while sucralose is not a FODMAP, this recipe was not tested with a sucralose-containing product). To keep it low-FODMAP, enjoy just a single portion at any one time. The recipe makes 16 servings.

This recipe is an adults-only project. The sugar syrup heats up to temperatures well beyond the boiling point. Even though it looks delicious, do not lick the spoon!

### Ingredients:

- 1 cup granulated sugar
- ½ cup light corn syrup
- 1 ½ cups roasted, salted peanuts
- 1 teaspoon coconut oil
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda

### Procedure:

- Stir together sugar and corn syrup in a 1-quart microwave safe container. A bowl or extra-large measuring cup with a handle would be ideal for safe handling.
- Microwave on high for 4 minutes. Mixture will be extremely hot. Stir in peanuts and microwave on high for 3 more minutes. Add coconut oil and vanilla, blending well. Microwave on high for 1 minute more. Add baking soda and stir until foaminess begins to die down, about 25 strokes.
- Carefully pour the hot mixture onto an ungreased cookie sheet. Use a silicone scraper to empty the bowl and spread the candy out. Cool completely. Break into large pieces and store in an airtight container.

Serves: 16

Recipe provided courtesy of [www.ibsfree.net](http://www.ibsfree.net) and GI Nutrition Inc.