



SOURCE OF FIBRE

168 CALORIES PER CARTON

Bright Barley Chocolate Dairy Free Barley Drink, from £1.69 for 330ml, yumbles.com and brightbarley.com



61 CALORIES PER TBSP (12G)

12 Yacon Viva! Organic Cacao Nibs, £9.99 for 300g, Amazon, health stores and yaconviva.co.uk



169 CALORIES PER BAG

Abacus Foods Chocolate Coated Red Dates, £1.49 for 40g, abacusfoods.com



VEGAN

205 CALORIES PER SERVING

Ombar Salt & Nibs, £2.99 for 70g, Waitrose

CHOCOLATE HEAVEN!

ALL UNDER 207 CALS

Indulge in these tempting chocolate treats guilt-free!



94 CALORIES OR LESS PER BAR

Jude's Minis, £3.95 for 6 x 50ml bars, Sainsbury's



GLUTEN-FREE

196 CALORIES PER BAR

The Foodie Market Hazelnut & Cacao Paleo Bars, £1.99 for 5 x 45g bars, Aldi



171 CALORIES PER PUNNET

Graze Banana & Peanut Choccy Wonders, £6.49 for 6 x 34g punnets, graze.com



113 CALORIES PER BAR

Myprotein Chocolate Break Bar, £21.99 for 16 x 21.5g bars, myprotein.com



64 CALORIES PER BAR

Ohso Good Chocolate 70% Dark Raspberry, £4.99 for 7 x 13.5g bars, ohso.com



206 CALORIES PER BAR

Exante Meal Replacement Chocolate Fudge Bar, £2.50 for 60g, exantediet.com



ORGANIC

111 CALORIES PER 20G

Rhythm 108 M'lk & Hazelnut Truffle Bar, £3.60 for 100g, Sainsbury's



11 CALORIES PER TBSP (15G)

Eaten Alive Chocolate BBQ Hot Sauce, £3.99 for 150ml, Whole Foods, Planet Organic and eatenalive.co.uk



92 CALORIES PER TBSP (15G)

Whole Earth Chocolate & Hazelnut Smooth Peanut Butter, £3 for 340g, Tesco