

Slimming World Syns List

Syn values for chocolate, treats & snacks

- Oreo Thins (Original or Chocolate Cream) 1.5 syns per biscuit
- Oreo Cake Bars (24g) 5.5 syns
- Cadbury Freddo (18g bar) 5 syns
- Kelloggs Special K Chocolate Delight Bar, Milk (24g bar) 4.5 syns
- Pink Wafers 2 syns per biscuit
- Curly Wurly (14g bar) 3 syns
- Curly Wurly (26g bar) 6 syns
- Cadbury Fudge Bar (25.5g bar) 5.5 syns
- Cadbury Fudge Bar (13.5g bar) 3 syn
- Cadbury Dairy Milk Little Bar (18g) 5 syns
- Cadbury Freddo Caramel (19g bar) 4.5 syns
- Fibre One Milk Chocolate Popcorn Bars 3.5 syns
- Fibre One Milk Peanut Butter Popcorn Bars 4 syns
- Fibre One Cinnamon Drizzle Squares 4 syns
- Hartleys Raspberry Sugar Free Jelly Crystals (11.5g) 1.5 syns
- Kit Kat (2 Fingers) 5.5 syns (4 Fingers) 11 syns
- Kinder Chocolate Bar (12.5g) 3.5 syns
- Morrisons Coconutters (25g) bar 6 syns
- Maltesers Fun Size (19.5g bag) 5 syns
- Snack a Jacks Caramel Jumbo 2.5 syns each
- Skinny Whip Bars (all flavours) 5 syn
- Skinny Syrups 0 syns
- Options Belgian Chocolate (11g) 2 syns
- Mars Bar or similar (25g bar) 6 syns
- Snack a Jacks Salt & Vinegar Jumbo 2 syns each
- Snack a Jacks Sweet Chilli (22g bag) 4.5 syns each
- Walkers Sensations Poppadoms Lime & Coriander Chutney 3 syns