



RACE - SUGARIS

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These delectable beings are as charming as they are treacherous, with sugar-coated exteriors that hide their mischievous nature. Their candy-like appearances vary widely, from gumdrop goblins to licorice lizards, but they all share an insatiable sweet tooth and a penchant for causing both sugary delights and chaos. Travelers beware, for a visit to Candy Island may leave you enchanted by the sugaris' sugary allure, but danger lurks beneath their saccharine surface.

Sugaris Traits

- **Ability Score Increase.** Your Constitution score increases by 2.
- **Age.** Sugaris are built from Candy Island's distinct magic, granting them increased longevity. Unless placed in extreme circumstances, the sugaris will live at least a few centuries, reaching maturity halfway through their first one.
- **Alignment.** The only true conviction of the sugaris is their loyalty to Candy Island. As such, they are often true neutral creatures.
- **Languages.** You can speak, read, and write Common and Deep Speech.

- **Size.** The sugaris are large, anthropomorphized candy. Your size is Medium.
- **Speed.** You have a walking speed of 30 feet.
- **Inner Resources.** You can go twice as long as a normal humanoid without eating or drinking.
- **Sugar High.** Whenever you regain hit points from a spell or magical ability, you regain additional hit points equal to your proficiency bonus.
- **Sweet Temptation.** You gain proficiency in the Persuasion skill.
- **Toothache.** When a creature hits you with a melee attack, you can force bits of your sugary form to poison its body. It must succeed on a Constitution saving throw (DC 8 + your proficiency bonus + your Constitution modifier) or become poisoned until the end of your next turn. Once you poison a creature in this way, you can't do so again until you finish a long rest.
- **Subraces.** Sugaris are as varied as there is candy. Your subrace can be either minties, fudgies, or gumdrops.

Minties

Minties are the quickest and most aggressive of the sugaris, using their increased energy to strike with unbounded aggression. They are built of candy cane and traditional hard candy.

- **Ability Score Increase.** Your Dexterity score increases by 1.
- **Candy Cane Hands.** You can use your candy cane arms for unarmed strikes. When you hit with them, the strike deals 1d6 + your Strength or Dexterity modifier bludgeoning or slashing damage (your choice), instead of the bludgeoning damage normal for an unarmed strike.
- **Energizing Mint.** Your base walking speed increases to 35 feet.
- **Mint Fresh Breath.** When you take the Attack action on your turn, you can replace one of your attacks with a breath of minty freshness in a 10-foot cone. Each creature of your choice within the cone gains temporary hit points equal to your Constitution modifier + your proficiency bonus. You can use this trait a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

Fudgies

Some fudgies are gingerbread constructs, others are giant cinnamon buns, and some are constantly-flowing mountains of mouse and fudge. Either way, they are the largest and most durable of the sugaris.

- **Ability Score Increase.** Your Strength score increases by 1.
- **Enduring.** You have resistance to fire and poison damage.
- **Grasping Fudge.** You have advantage on ability checks made to grapple or disarm targets.

Gumdrops

The smallest and most mischievous of the sugaris, gumdrops bounce around, pranking newcomers to Candy Island by posing as candy then striking them down.

- **Ability Score Increase.** Your Intelligence score increases by 1.
- **Bouncy Gummy.** Your jump distance is tripled, and you have resistance to falling damage.
- **Illusory Gumdrop.** You know the minor illusion cantrip. Intelligence is your spellcasting ability for casting this spell. If the illusion you create using this spell is a gumdrop, you can use your bonus action to switch places with the illusion, teleporting yourself to the illusion's location and leaving behind an identical one.

Once you've teleported in this way, you can't do so again until you finish a long rest.