

No Bake Peanut Butter Bars

Snack of the Month August - 2015



These gluten-free peanut butter bars are easy to mix up and make a great snack or on-the-go breakfast bar.

Prep Time: 15 Min

Start to Finish: 1 Hr.

Makes: 24 bars

INGREDIENTS

6 cups Corn squares cereal

1/4 cup gluten-free dry-roasted peanuts

1/2 cup light corn syrup

1/4 cup sugar

1/2 cup creamy peanut butter

1/4 cup dark chocolate chips

DIRECTIONS

1. Butter 9-inch or 8-inch square pan. In large bowl, mix cereal and peanuts; set aside.
2. In 3-quart saucepan, heat corn syrup and sugar just to boiling over medium heat, stirring constantly. Remove from heat; stir in peanut butter until smooth. Pour over cereal mixture in bowl; stir gently until evenly coated. Press firmly in pan. Cool 15 minutes.
3. In small microwavable bowl, microwave chocolate chips uncovered on High 30 to 60 seconds, stirring every 15 seconds, until melted and smooth. Drizzle over top of bars. Let stand at room temperature at least 30 minutes or until chocolate is set. For bars, cut into 4 rows by 6 rows. Store loosely covered at room temperature.



NUTRITION INFORMATION PER SERVING

Serving Size: 1 Bar

Calories: 100

Cholesterol: 0 mg

Sugars: 7 g

Total Fat: 3 g

Calories from Fat: 25

Dietary Fiber: 0 g

Protein: 1 g

Saturated Fat: 1/2 g

Carbohydrates: 16 g

Sodium: 95 mg



Recipe adapted from www.eatbetterearly.com

