

Chocolate Peanut Butter Bars

PREP TIME: 5-10 MINS

YIELDS: 10 BARS

REFRIDGERATION TIME: 2 HOURS+



Children's Hospital
of Philadelphia®

Culinary Medicine

Recipe by Chef Paige Mountain

First Layer Ingredients

- 1 cup peanut butter, creamy
- 1 cup almond flour, blanched & finely ground
- ½ teaspoon vanilla extract
- 1/8 teaspoon sea salt

Second Layer Ingredients

- ¾ cup semi-sweet chocolate chips
- 1 tablespoon peanut butter, creamy
- As needed, drops of oil to smooth chocolate
- Pinch of Cyprus sea salt flakes overtop
- Optional for texture & crunch: peanuts, chopped walnuts, coconut flakes, chocolate chips, dried fruit

Nutrition Content for 1 serving (1 bar)

Calories: 311kcal Carbohydrates: 18.4g
Fat: 24.2g Fiber: 3.9g
Protein: 10.2g Added sugar: 9.6g
Sodium: 31mg



Directions

1. In a microwave safe mixing bowl, combine the first layer ingredients.
2. Continue to mix until a thick dough forms.
3. Add fillings (such as chopped nuts or dried fruit) for texture, if desired.
4. Line a brownie or loaf pan with plastic wrap, including the edges.
5. Scoop the dough into the pan and press with your fingertips to spread evenly.
6. In the same mixing bowl, melt the chocolate chips in the microwave (this should take 1-1.5 minutes, stirring every 30 seconds). If chocolate is dry or having a difficult time melting, add a few drops of canola/vegetable oil & stir until chocolate begins to soften. Heat again as needed.
7. Stir in the peanut butter.
8. Mixture should be silky smooth & pourable, if it isn't, add a few more drops of oil.
9. Add fillings for texture, if desired.
10. Pour the chocolate mixture evenly over top of the peanut butter dough.
11. Spread with a spatula or back of spoon as needed to cover the surface.
12. Sprinkle Cyprus sea salt flakes evenly to accent the chocolate.

Chef Tips/Adjustments

- Make sure the mixing bowl has no water residue in it before adding chocolate (there shouldn't be after mixing the dough, but just in case). Chocolate will clump together and "seize" when in contact with water.
- Other nut butters can be used, or SunButter® can be used as a nut alternative.

Qualities

Texture: Chewy

Scent : 2/10

Spice Level: 0/10

Recipe Benefits

Promotes Gut Health

Anti-inflammatory

High-calorie

