



Chocolate-Peanut Butter Dream Bars

READY IN



125 min.

SERVINGS



24

CALORIES



304 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 oz baker's chocolate melted
- ☐ 1 pouch basic cookie mix chunk (1 lb 1.5 oz)
- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 cup roasted peanuts unsalted
- ☐ 1 eggs
- ☐ 0.3 cup milk
- ☐ 9 oz peanut butter cups chopped
- ☐ 2 tablespoons strong coffee decoction cold brewed

- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup vegetable oil
- ☐ 8 oz non-dairy whipped topping frozen thawed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Heat oven to 350F. In large bowl, stir cookie base ingredients until soft dough forms.
- ☐ Spread dough in bottom of ungreased 13x9-inch pan.
- ☐ Bake 12 to 15 minutes or just until set. Cool completely, about 30 minutes.
- ☐ In large bowl, beat cream cheese and 1/4 cup sugar with electric mixer on medium speed until smooth. Fold in whipped topping and candies.
- ☐ Spread over cooled cookie base.
- ☐ In small microwavable bowl, beat peanut butter, milk and 2 tablespoons sugar with wire whisk until smooth. Microwave uncovered on High 30 to 60 seconds, stirring after 30 seconds, to thin for drizzling.
- ☐ Drizzle mixture over filling.
- ☐ Drizzle with melted chocolate.
- ☐ Sprinkle with peanuts. Refrigerate about 1 hour or until set. For bars, cut into 6 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



 **PROTEIN 7.39%**  **FAT 53.88%**  **CARBS 38.73%**

Properties

Glycemic Index:9.13, Glycemic Load:2.4, Inflammation Score:-3, Nutrition Score:5.1269565292675%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 304.02kcal (15.2%), Fat: 18.72g (28.81%), Saturated Fat: 6.75g (42.19%), Carbohydrates: 30.29g (10.1%), Net Carbohydrates: 28.12g (10.23%), Sugar: 20.86g (23.18%), Cholesterol: 17.5mg (5.83%), Sodium: 138.47mg (6.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.07mg (1.36%), Protein: 5.78g (11.56%), Manganese: 0.33mg (16.62%), Copper: 0.2mg (9.79%), Vitamin B3: 1.9mg (9.48%), Magnesium: 35.01mg (8.75%), Phosphorus: 87.28mg (8.73%), Fiber: 2.17g (8.67%), Iron: 1.06mg (5.88%), Zinc: 0.76mg (5.06%), Vitamin K: 5.26µg (5.01%), Potassium: 166.57mg (4.76%), Folate: 18.3µg (4.58%), Vitamin B2: 0.08mg (4.41%), Vitamin E: 0.61mg (4.07%), Calcium: 39.36mg (3.94%), Vitamin B1: 0.06mg (3.83%), Selenium: 2.67µg (3.82%), Vitamin A: 153.88IU (3.08%), Vitamin B5: 0.28mg (2.8%), Vitamin B6: 0.05mg (2.55%), Vitamin B12: 0.1µg (1.62%)