



## Dairy-Free Chocolate Peanut Butter Bars



Vegetarian



Vegan



Dairy Free



Popular

READY IN



20 min.

SERVINGS



12

CALORIES



361 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- ☐ 2 cups graham cracker crumbs gluten-free organic (, , or vegan)
- ☐ 2 cups powdered confectioners' sugar
- ☐ 1 cup dairy-free buttery spread melted (I use Earth Balance)
- ☐ 0.3 teaspoon smooth almond butter salted
- ☐ 1.5 cups dairy-free chocolate chips (such as Enjoy Life)

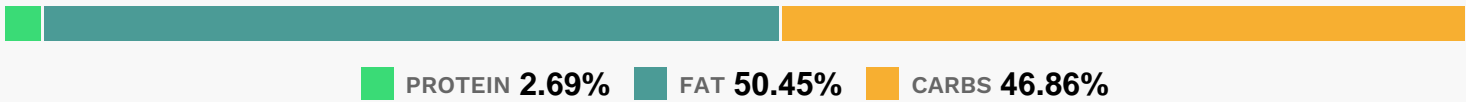
### Equipment

- ☐ bowl
- ☐ frying pan

# Directions

- ☐ In a medium bowl, mix the graham cracker crumbs, confectioners' sugar, 1 cup peanut butter, melted butter alternative, and salt (if using) until well blended.
- ☐ Press evenly into the bottom of an ungreased 9x13-inch pan.
- ☐ Melt the chocolate chips and the remaining ¼ cup of peanut butter in a pan over low heat until melted.
- ☐ Spread the chocolate mixture over the crust and refrigerate the bars for at least one hour.
- ☐ Keep the bars cold until ready to slice and serve.
- ☐ My father-in-law recommends storing the uneaten bars in the refrigerator – though there are no guarantees that any will be left!

## Nutrition Facts



## Properties

Glycemic Index:6.17, Glycemic Load:7.54, Inflammation Score:-5, Nutrition Score:3.9578261368948%

## Nutrients (% of daily need)

Calories: 360.77kcal (18.04%), Fat: 21.18g (32.59%), Saturated Fat: 7.9g (49.35%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 42.27g (15.37%), Sugar: 33.34g (37.04%), Cholesterol: 0mg (0%), Sodium: 214.33mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.07%), Vitamin E: 3.67mg (24.45%), Vitamin A: 719.25IU (14.38%), Iron: 2.21mg (12.3%), Vitamin K: 10.45µg (9.95%), Fiber: 2g (7.99%), Calcium: 40.87mg (4.09%), Phosphorus: 29.56mg (2.96%), Vitamin B3: 0.53mg (2.66%), Vitamin B2: 0.04mg (2.26%), Magnesium: 8.55mg (2.14%), Vitamin B1: 0.03mg (2.13%), Zinc: 0.28mg (1.85%), Folate: 6.5µg (1.62%)