



Layered Peanut Butter Bars

READY IN



140 min.

SERVINGS



36

CALORIES



181 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)
- 3 tablespoons vegetable oil
- 1 tablespoon water
- 1 eggs
- 0.5 cup butter softened
- 0.5 cup creamy peanut butter
- 2 cups powdered sugar
- 2 teaspoons milk
- 1 cup semi chocolate chips

0.3 cup butter

Equipment

bowl

frying pan

oven

hand mixer

microwave

Directions

Heat oven to 350°F. Spray bottom of 13x9-inch pan with cooking spray.

In large bowl, stir all Cookie Base ingredients until soft dough forms. Press dough in bottom of pan using floured fingers.

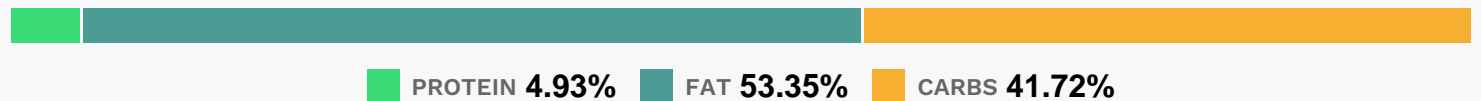
Bake 15 to 18 minutes or until golden brown. Cool completely, about 1 hour.

In small bowl, beat all Filling ingredients with electric mixer on medium speed until smooth.

Spread mixture evenly over cookie base.

In microwavable bowl, microwave all Frosting ingredients on High 30 seconds; stir until smooth. Cool 10 minutes; spread over filling. Refrigerate 30 minutes or until set. For bars, cut into 9 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:4.22, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.9995652203975%

Nutrients (% of daily need)

Calories: 181.16kcal (9.06%), Fat: 11.05g (17.01%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 19.45g (6.48%), Net Carbohydrates: 18.38g (6.68%), Sugar: 14.16g (15.74%), Cholesterol: 15.05mg (5.02%), Sodium: 161.45mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 2.3g (4.6%), Manganese: 0.12mg (5.97%), Fiber: 1.06g (4.26%), Copper: 0.08mg (3.94%), Vitamin E: 0.57mg (3.81%), Magnesium: 15.13mg (3.78%), Iron: 0.58mg (3.23%), Phosphorus: 28.98mg (2.9%), Vitamin K: 2.79µg (2.66%), Vitamin B3: 0.52mg (2.61%), Vitamin

A: 127.73IU (2.55%), Zinc: 0.25mg (1.64%), Potassium: 51.93mg (1.48%), Selenium: 1.03µg (1.48%), Vitamin B2:
0.02mg (1.07%)