



Mini Crunch Bars with Peanut Butter Shell Drizzle



Vegetarian



Vegan



Dairy Free



Popular

READY IN



5 min.

SERVINGS



12

CALORIES



39 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons coconut oil as needed thin
- ☐ 1 cup rice cereal crisp
- ☐ 1 pinch grain sea salt to taste fine
- ☐ 1 teaspoon liquid sweetener (maple syrup, agave, etc.)
- ☐ 2 tablespoons all-natural peanut butter or any nut/seed butter)
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract pure

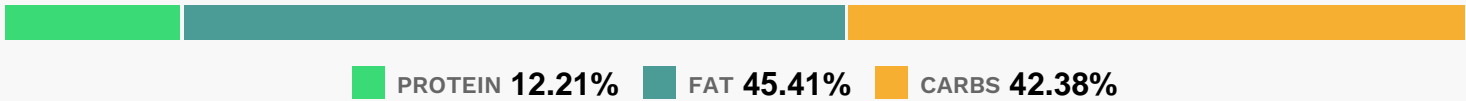
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ whisk
- ☐ pot
- ☐ loaf pan

Directions

- ☐ For the crunch bar: Line a 9x5 inch loaf pan with two pieces of parchment paper, one going each way. In a pot over low heat, gently melt the coconut oil and then whisk in the rest of the crunch bar ingredients (except the rice crisp) to taste. Once the mixture is smooth remove from heat and stir in the rice crisp cereal.
- ☐ Pour mixture into prepared pan, smooth out, and then freeze for 10–15 minutes, or until the chocolate is solid.For the PB drizzle: Melt the coconut oil and then whisk in the peanut butter and liquid sweetener. Adjust to taste if desired. Scoop into a plastic baggie.
- ☐ Remove crunch bar from freezer and cut into 12 small bars. Snip a tiny hole in the baggie and drizzle the PB mixture onto the bar (you can also try drizzling it with a spoon, if desired).Return bars to the freezer until the PB drizzle is solid, about 5 minutes.
- ☐ Serve straight from the freezer or fridge. Bars will melt slightly at room temperature so I don't suggest keeping them out long. Store leftovers in the fridge or freezer.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:3.3991304295866%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 39.23kcal (1.96%), Fat: 2.39g (3.68%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 3.52g (1.28%), Sugar: 0.91g (1.02%), Cholesterol: 0mg (0%), Sodium: 33.71mg (1.47%), Alcohol: 0.11g (100%), Alcohol %: 1.46% (100%), Caffeine: 8.24mg (2.75%), Protein: 1.45g (2.89%), Manganese: 0.27mg (13.57%), Copper: 0.15mg (7.66%), Iron: 1.29mg (7.19%), Fiber: 1.5g (6%), Magnesium: 23.23mg (5.81%), Folate: 20.11µg (5.03%), Vitamin B3: 0.85mg (4.25%), Zinc: 0.63mg (4.19%), Phosphorus: 38.69mg (3.87%), Vitamin B2: 0.06mg (3.38%), Vitamin B6: 0.06mg (2.89%), Vitamin B1: 0.04mg (2.54%), Potassium: 75.54mg (2.16%), Vitamin B12: 0.13µg (2.1%), Vitamin E: 0.25mg (1.7%), Selenium: 1.06µg (1.52%), Calcium: 14.9mg (1.49%)