



## Oatmeal Peanut Butter Chocolate Bars

READY IN



70 min.

SERVINGS



12

CALORIES



331 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter softened
- ☐ 1 cup chocolate chips to taste
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon milk as needed
- ☐ 0.3 cup peanut butter

- ☐ 1 cup rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

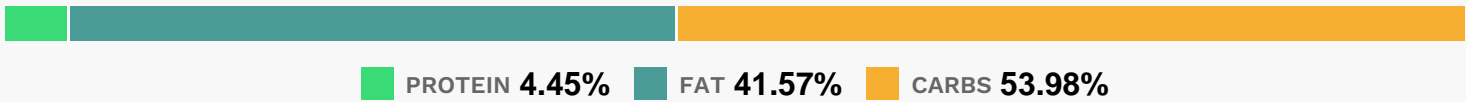
## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ spatula

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Beat butter, 1/2 cup white sugar, brown sugar, and egg in a large bowl until smooth. Stir in flour, oats, 1/3 cup peanut butter, baking soda, vanilla extract, and salt until dough is well mixed. Press dough into prepared baking dish.
- ☐ Bake in preheated oven until golden brown, about 20 minutes; sprinkle with chocolate chips immediately.
- ☐ Let chocolate chips melt, about 5 minutes.
- ☐ Spread chocolate over cookie with a spatula or knife.
- ☐ Mix confectioners' sugar, 1/4 cup peanut butter, and milk in a small bowl until smooth.
- ☐ Add more milk if mixture is too thick to pour; drizzle over chocolate and allow to cool.
- ☐ Cut into bars to serve.

## Nutrition Facts



## Properties

Glycemic Index:23.92, Glycemic Load:13.28, Inflammation Score:-3, Nutrition Score:4.9065216546473%

Nutrients (% of daily need)

Calories: 331.27kcal (16.56%), Fat: 15.66g (24.09%), Saturated Fat: 8.31g (51.95%), Carbohydrates: 45.76g (15.25%), Net Carbohydrates: 44.54g (16.2%), Sugar: 31.43g (34.92%), Cholesterol: 34.13mg (11.38%), Sodium: 186.98mg (8.13%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 3.77g (7.54%), Manganese: 0.4mg (20.15%), Selenium: 7.14µg (10.2%), Vitamin B1: 0.12mg (8.2%), Vitamin B3: 1.42mg (7.12%), Folate: 27.95µg (6.99%), Phosphorus: 68.34mg (6.83%), Vitamin B2: 0.1mg (5.68%), Magnesium: 22.33mg (5.58%), Iron: 1mg (5.57%), Vitamin E: 0.78mg (5.22%), Vitamin A: 258.19IU (5.16%), Fiber: 1.22g (4.89%), Potassium: 130.7mg (3.73%), Copper: 0.07mg (3.6%), Zinc: 0.52mg (3.47%), Calcium: 32.08mg (3.21%), Vitamin B5: 0.26mg (2.62%), Vitamin B6: 0.05mg (2.31%)