



Peanut Butter & Chocolate Crumble Bars

READY IN



45 min.

SERVINGS



45

CALORIES



153 kcal

DESSERT

Ingredients

- ☐ 1 tsp baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 1 cup butter softened
- ☐ 0.8 cup creamy peanut butter
- ☐ 2 cups flour
- ☐ 2 cups old-fashioned oats
- ☐ 8 oz baker's semi-sweet chocolate

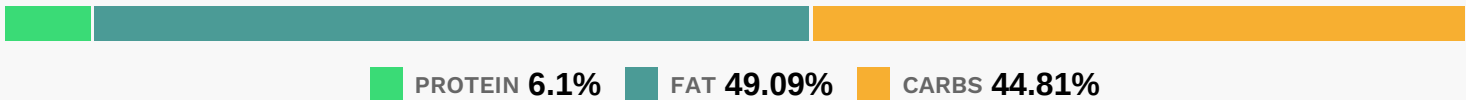
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ microwave

Directions

- ☐ Heat oven to 350F.
- ☐ Combine oats, flour and baking soda. Beat butter and sugar in large bowl with mixer until blended.
- ☐ Add oat mixture; mix well. Press 3 cups onto bottom of 13x9-inch pan sprayed with cooking spray.
- ☐ Microwave chocolate in small microwaveable bowl on HIGH 1-1/2 min. or until melted, stirring after 45 sec. Stir in peanut butter. Carefully spread over crust; sprinkle with remaining crumb mixture.
- ☐ Bake 22 to 25 min. or until edges are golden brown.

Nutrition Facts



Properties

Glycemic Index:3.98, Glycemic Load:4, Inflammation Score:-2, Nutrition Score:3.4195652176505%

Nutrients (% of daily need)

Calories: 152.77kcal (7.64%), Fat: 8.51g (13.09%), Saturated Fat: 4.19g (26.16%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 16.35g (5.95%), Sugar: 9.47g (10.52%), Cholesterol: 11.15mg (3.72%), Sodium: 81.74mg (3.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.33mg (1.44%), Protein: 2.38g (4.75%), Manganese: 0.3mg (15.16%), Magnesium: 23.09mg (5.77%), Copper: 0.11mg (5.32%), Selenium: 3.66µg (5.23%), Phosphorus: 49.96mg (5%), Vitamin B3: 0.99mg (4.96%), Iron: 0.86mg (4.76%), Vitamin B1: 0.07mg (4.53%), Fiber: 1.12g (4.49%), Folate: 15.24µg (3.81%), Vitamin E: 0.56mg (3.71%), Zinc: 0.42mg (2.8%), Vitamin B2: 0.05mg (2.67%), Vitamin A: 128.58IU (2.57%), Potassium: 82.78mg (2.37%), Calcium: 15.24mg (1.52%), Vitamin B6: 0.03mg (1.5%), Vitamin B5: 0.14mg (1.41%)