



Peanut Butter-Chocolate-Oatmeal Cereal Bars

READY IN



85 min.

SERVINGS



100

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup t brown sugar dark packed
- ☐ 0.8 cup butter melted
- ☐ 1 cup plus light
- ☐ 1 cup creamy peanut butter
- ☐ 4 cups rice cereal crisp
- ☐ 1 cup roasted peanuts chopped
- ☐ 1 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup granulated sugar

- ☐ 10 oz peanut butter
- ☐ 2 cups oats uncooked
- ☐ 12 oz semi chocolate chips

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ microwave

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 5 ingredients in a medium bowl. Press firmly onto bottom of a lightly greased 15- x 10-inch jelly-roll pan. (
- ☐ Mixture will be thin.)
- ☐ Bake 12 minutes.
- ☐ Let cool on a wire rack 10 minutes.
- ☐ Microwave corn syrup, sugar, and peanut butter in a large microwave-safe glass bowl at HIGH 2 minutes or until melted and smooth, stirring at 30-second intervals. Stir in cereal. Press mixture firmly over oat mixture in pan.
- ☐ Microwave chocolate and peanut butter morsels in a microwave-safe glass bowl at HIGH 1 to 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- ☐ Spread over cereal mixture.
- ☐ Sprinkle with chopped peanuts. Cool 45 minutes.
- ☐ Cut into bars.
- ☐ Note: We tested with Reese's Peanut Butter Chips and Rice Krispies cereal.

Nutrition Facts



 **PROTEIN 8.01%**  **FAT 50.1%**  **CARBS 41.89%**

Properties

Glycemic Index:3.07, Glycemic Load:3.16, Inflammation Score:-1, Nutrition Score:2.6134782929135%

Nutrients (% of daily need)

Calories: 109.31kcal (5.47%), Fat: 6.36g (9.78%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 11.11g (4.04%), Sugar: 8.06g (8.96%), Cholesterol: 5.72mg (1.91%), Sodium: 44.25mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Manganese: 0.24mg (11.81%), Magnesium: 22.68mg (5.67%), Vitamin B3: 1.06mg (5.32%), Phosphorus: 43.64mg (4.36%), Copper: 0.09mg (4.26%), Vitamin E: 0.57mg (3.81%), Fiber: 0.85g (3.4%), Iron: 0.5mg (2.8%), Selenium: 1.79µg (2.56%), Folate: 10.18µg (2.55%), Vitamin B1: 0.03mg (2.33%), Zinc: 0.35mg (2.31%), Potassium: 72.2mg (2.06%), Vitamin B6: 0.03mg (1.63%), Vitamin B2: 0.03mg (1.47%), Vitamin B5: 0.12mg (1.15%)