



Peanut Butter-Oat Bars

READY IN



45 min.

SERVINGS



20

CALORIES



398 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups brown sugar packed
- ☐ 0.5 lb butter melted
- ☐ 2 cups flour all-purpose
- ☐ 1.3 cups peanut butter
- ☐ 0.7 cup roasted peanuts unsalted chopped
- ☐ 2 cups oats
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.7 cup coconut dried shredded unsweetened

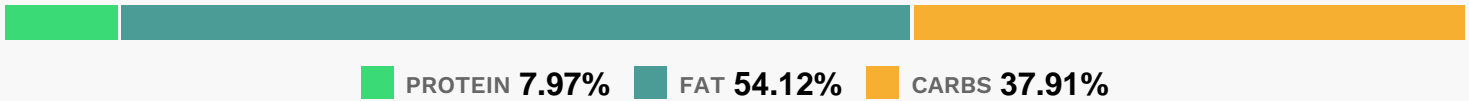
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ ziploc bags
- ☐ microwave
- ☐ kitchen scissors

Directions

- ☐ In a bowl, mix butter and brown sugar until smooth. Stir in flour, oats, peanuts, and coconut until well blended.
- ☐ Press dough evenly into a buttered and floured 10- by 15-inch baking pan. For chewy bars, bake in a 350 oven until edges are lightly browned, about 20 minutes; for crisp bars, bake until slightly darker brown, about 5 minutes longer.
- ☐ Spread with peanut butter.
- ☐ Let cool about 15 minutes.
- ☐ Seal chocolate chips in a heavy 1-quart zip-lock plastic bag.
- ☐ Heat in a microwave oven at 30% power until chips are soft, about 2 minutes. Squeeze chocolate to one corner of bag, then use scissors to snip a very small hole in the corner. Squeeze chocolate in thin lines over peanut butter. Chill until the chocolate is firm, about 20 minutes.
- ☐ Cut into 20 bars.

Nutrition Facts



Properties

Glycemic Index:8.95, Glycemic Load:9.19, Inflammation Score:-5, Nutrition Score:9.7152174463415%

Nutrients (% of daily need)

Calories: 397.61kcal (19.88%), Fat: 24.75g (38.07%), Saturated Fat: 10.81g (67.55%), Carbohydrates: 39g (13%), Net Carbohydrates: 35.72g (12.99%), Sugar: 19.81g (22.01%), Cholesterol: 24.65mg (8.22%), Sodium: 174.73mg (7.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.87mg (1.29%), Protein: 8.2g (16.4%), Manganese: 0.9mg (45.08%), Vitamin B3: 3.92mg (19.61%), Magnesium: 63.6mg (15.9%), Phosphorus: 145.35mg (14.54%), Fiber: 3.28g (13.12%), Vitamin E: 1.91mg (12.74%), Selenium: 8.91µg (12.73%), Copper: 0.24mg (12.14%), Vitamin B1: 0.18mg (11.9%), Folate: 47.18µg (11.79%), Iron: 1.84mg (10.22%), Zinc: 1.11mg (7.42%), Vitamin B2: 0.12mg (7.09%), Potassium: 244.51mg (6.99%), Vitamin B6: 0.12mg (6.02%), Vitamin A: 285.63IU (5.71%), Vitamin B5: 0.47mg (4.68%), Calcium: 39.4mg (3.94%), Vitamin K: 1.38µg (1.31%)