

VALENTINES CHOCOLATE PEANUT BUTTER BARS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 bar (Makes 15 bars)

Nutrition (per serving)

Calories: 170

Total Fat: 8 g

Saturated Fat: 2.5 g

Sodium: 75 mg

Total Carbohydrate: 22 g

Dietary Fiber: 1 g

Total Sugars: 15 g

Added Sugars: 13 g

Protein: 4 g

PREP TIME: 5 min

COOK TIME: 10 min

TOTAL TIME: 15 min



Ingredients

- ½ cup creamy peanut butter
- ½ cup honey
- 4 cups plain Cheerios®
- 1-ounce freeze-dried strawberries
- 1/2 cup dark chocolate chips



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Directions

1. In a large pot, melt peanut butter and honey over medium heat and stir to combine.
2. Add in cheerios and freeze-dried strawberries and stir together until they are coated evenly with the peanut butter mixture.
3. Pour mixture into a 9x13 inch pan and use the back of a wooden spoon to press mixture into the pan. Place in the fridge for 10-15 minutes.
4. While the bars are cooling, melt the dark chocolate chips in a double broiler or in the microwave.
5. When the bars have cooled, drizzle the chocolate over the bars then place back in the fridge for another 10 minutes or until the chocolate has hardened.
6. Cut into 15 squares and serve!



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