



Crispy Chewy Chocolate Peanut Butter Bars

*These energy bars are definitely a higher-sugar treat, but for athletes who have some extra room in their diet for some fun discretionary calories, these Crispy Chewy Chocolate Peanut Butter Bars are a delicious treat! Opposed to a chocolate bar, these homemade bars provide a nutritional boost from the oats, dried fruit, unsalted nuts, and ground flaxseed, offering a healthy dose of **fibre, iron, and omega-3 fats**. Try pre-proportioning them out into snack-sized zip-lock baggies and freezing them for a special treat in your next brown bag lunch or as a carb/protein recovery snack following your next tough workout at the gym. These homemade bars are also vegan-friendly.*

Prep: 20 minutes • Total: 60 minutes

Ingredients:

Rice Krispies	3 cups	750 mL
Rolled oats	1 cup	250 mL
Dried fruit, such as raisins, chopped apricots, cherries and cranberries	1 cup	250 mL
Chopped peanuts, unsalted	¼ cup	60 mL
2 tbsp ground flaxseed (optional)	2 Tbsp	30 mL
Cooking spray	Quick spray	
Packed brown sugar	¼ cup	60 mL
Light peanut butter	½ cup	125 mL
Honey	¾ cup	175 mL
Cocoa	½ cup	125 mL

Directions:

1. Combine cereal, oats, dried fruit, peanuts and flaxseed in a large bowl that has been sprayed with nonstick spray; set aside.
2. In a medium saucepan, combine brown sugar, peanut butter and honey over medium heat. Stir until completely melted and smooth. Remove from heat and stir in cocoa.
3. Pour chocolate mixture over cereal mixture and stir until evenly coated. Press into a 9-by 13-inch pan that has been sprayed with nonstick spray. Cool in the fridge or at room temperature for 1 hour until set before cutting into bars.

Nutrition Facts

Serving Size (48g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 20g	
Protein 4g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Adapted from: Jennifer Broxterman's Kitchen

Makes 18 servings (48 g / serving) • 1 serving = 1 Energy Bar

Prepared By: Jennifer Broxterman, Registered Dietitian
 NutritionRx • Email: info@nutritionrx.ca • Phone: (519) 520-9549 • Website: www.nutritionrx.ca