

# Peanut Butter Bars

Crispy, sweet and good for you. These bars are made with a few healthy ingredients and you can whip them up in just a few minutes.

Prep:  
**30 minutes**

Cook:  
**0 minutes**

Ready In:  
**30 minutes**

Servings:  
**12**



## Ingredients

20 dates, pitted\*  
1 cup rolled oats  
1 tsp vanilla extract  
1/4 cup powdered peanut butter  
1/4 cup regular peanut butter  
1/2 cup semi sweet chocolate chips  
1/2 cup puffed quinoa\*

## Instructions

- 1** In a food processor add in all of your ingredients except the quinoa and chocolate and blend until it forms a sticky texture (You should be able to form the dough into a ball)
- 2** Next in 9x9 loaf pan or any type of square pan or tupperware add parchment paper to the bottom and sides. Tip it helps if you cut the corners of the parchment paper so that it fits in the container easier and you can add a little water to the bottom of the pan to help the paper stick to it.
- 3** Add your mixture into the container and spread out evenly pressing down with your fingers. Place in the freezer to set while we work on the next step.
- 4** Fill a large saucepan halfway with water and find any glass bowl that comfortably fits over the top. Once the water is boiling place the bowl on top add in your chocolate and reduce the heat to a simmer. Stir frequently until all the chocolate chips have melted. Remove from the heat and add in your puffed quinoa and stir to combine.
- 5** Take your base out of the freezer and pull down the sides of the parchment paper. Pour the melted chocolate quinoa mix over top and spread evenly. You can top this with extra coconut, chopped nuts, hemp seeds or whatever you like. Place in fridge for 30-40 minutes to set, then cut into squares and serve.
- 6** Recipe Notes: If you have really dry dates, make sure to soak them in water for a few hours before and drain the water before adding to the food processor. I get my puffed quinoa from nuts.com but i have seen it at whole foods. If you cant find it you can use puffed rice or even a corn flake cereal that you crunch into smaller pieces.