

NO-BAKE PEANUT BUTTER BARS

These no-bake peanut butter bars are easy, healthy peanut butter bars topped with a silky, luscious chocolate peanut butter ganache. A comforting dessert ready in less than 20 minutes with a bonus! Yes, the recipe is not only vegan but also grain-free, paleo, and keto-friendly!



Peanut Butter Dough:

1 cup Peanut Butter - fresh, runny, no added oil or sugar
1 cup Coconut Flour - see note for oat flour
½ cup Maple Syrup - or any liquid sweetener like brown rice syrup or agave or coconut nectar

Chocolate peanut butter ganache

3.5 oz Vegan dark chocolate - 70%-85%
¼ cup Peanut Butter - fresh, runny, no added oil or sugar
2 tablespoons Coconut Oil - melted - use refined coconut oil for no coconut flavor

INSTRUCTIONS

Cover a 9-inch x 5-inch rectangle baking dish with parchment paper. Set aside. In a medium-sized mixing bowl, stir peanut butter and maple syrup until evenly combined and smooth. Stir in coconut flour. The dough will get thick, dry, and difficult to stir with a spatula, so use your hands to knead the dough and form a ball.

Evenly press the peanut butter dough ball all over the prepared pan. You want to fully cover the pan in an

even layer of peanut butter dough. Smoothen the top of the layer using the back of a spoon.

Freeze while you prepare the chocolate ganache.

In a small mixing bowl, add the pieces of 70% vegan dark chocolate with melted coconut oil and peanut butter.

Melt on a double boiler, stirring until all the chocolate is melted, and the mixture is shiny and smooth.

Remove the baking dish from the freezer and pour the chocolate ganache over the peanut butter layer.

Spread evenly with a spatula. Return the pan to the freezer for 10 minutes or until the chocolate ganache is set.

Slice the whole batch into 16 peanut butter bars. Store bars in the refrigerator in an airtight container for 1 week