

No bake peanut butter bars- makes 12

These easy and quick peanut butter bars are devilishly addictive! Perfect with a cuppa as a snack or a treat in the evening! They are so easy to make and only 131kcal per bar!

What you'll need:

Large mixing bowl, measuring spoons, weighing scales, 8x8 inch baking tray or glass dish, baking paper, sharp knife, to melt chocolate: saucepan, glass mixing bowl

Ingredients

- 150g oats
- 4 tbsp peanut butter
- 1 tbsp golden syrup
- 3 tbsp black treacle/black molasses
- 80g melted chocolate

Method

1. In the large mixing bowl mix together oats, molasses, syrup and peanut butter
2. Bring together with hands until you have a sticky dough
3. Line the tray with baking paper and lay the mix in evenly, patting it down firmly with the back of a spoon
4. Melt the chocolate by placing in the glass bowl and resting on a saucepan with water in. Heat the water gently to melt the chocolate
5. Once melted, drizzle over the peanut butter block and place in the freezer for an hour
6. Remove from the freezer and cut into twelve bars
7. Place in an airtight container. They can be stored at room temperature or keep chilled



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Approximate nutritional value per bar

Calories kcal	131.56
Fat grams	5.97
<i>Of saturates</i>	1.99
Carbohydrates grams	15.47
<i>Of fibre grams</i>	1.59
<i>Of sugars grams</i>	6.68
Protein grams	2.78
Iron mg	0.72
Salt mg	0.07