

# Chocolate Peanut Butter Dessert Bars

7 ingredients · 30 minutes · 16 servings



## Directions

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1. In a medium saucepan over low heat, combine the nut/seed butter, honey, vanilla and stir constantly until melted together
2. In a large mixing bowl combine the puffed cereal and nut/seed butter mixture, stir until well combined.
3. Cool in fridge.
4. Once cooled, fold the coconut, seeds, and chocolate chips into the cereal mixture.
5. Line a 9×13 with parchment paper. Transfer the mixture to the pan and using your hands, firmly press the mixture into the pan, spreading out evenly.
6. Freeze for 30 minutes.

## Ingredients

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- 1 cup** All Natural Peanut Butter (sunflower seed butter or other nut butter of choice)
- 1/2 cup** Raw Honey
- 1 tsp** Vanilla Extract
- 2 1/2 cups** Puffed Quinoa (or puffed rice cereal)
- 1/2 cup** Sunflower Seeds (or pumpkin seeds)
- 3/4 cup** Unsweetened Shredded Coconut
- 1/3 cup** Dark Chocolate Chips