AMERICAN · DESSERT · SNACK

No-Bake Keto Peanut Butter Bars with Chocolate

20 min · plus 1 hour chilling | Makes 16 × 1 bar | 203 kcal a portion

Video 5:37 · All Day I Dream About Food

Vegetarian | Gluten-free ingredients

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Sweetened with erythritol instead of sugar: about 4 g net carbs and under 2 g sugars a bar, with protein and fibre from the peanut butter and peanut flour.

Diet notes: Keto (4.3 g net carbs a serve).

Ingredients

8 · MAKES 16 × 1 BAR

- [ ] ¾ cup **butter**, melted
- [ ] ¾ cup **natural peanut butter**, no added sugar
- [ ] ½ cup **powdered erythritol sweetener** (Swerve)
- [ ] 1 tsp **vanilla extract**
- [ ] a little **salt** (about ⅛ tsp)
- [ ] 2 cups **defatted peanut flour**
- [ ] 2 tbsp (1 oz) **butter**, for the topping
- [ ] 3 oz **stevia-sweetened dark chocolate** (Lily's), chopped

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk, Peanut. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Line an 8- or 9 inch square pan with wax or baking paper. 0:34
2. Put the butter and peanut butter in a large bowl and melt them together in the microwave (or in a pan on the stove), then whisk until smooth. 0:50
3. Whisk in the powdered sweetener until smooth, then add the vanilla and a little salt. 1:43
4. Stir in the peanut flour with a spatula, working it in until the mixture thickens into one ball of dough. If it stays soft, add a little more peanut flour. 2:08
5. Press the dough evenly into the pan with your hands, then smooth it under a sheet of paper with a flat-bottomed glass. Chill while you make the topping. 3:13
6. Melt the 2 tbsp butter with the chopped chocolate, stirring until smooth and glossy. 3:51
7. Pour the chocolate over the chilled base, spread it to the edges and shake the pan to level it. Refrigerate for about 1 hour, until set. 4:18
8. Lift the slab out by the paper and cut into 16 bars with a sharp knife. Keep them in the fridge. 5:00

> **Tip** Peanut butter powder works in place of peanut flour, as the cook notes. The bars keep about 3 weeks covered in the fridge and freeze well wrapped.

The method is a summary in our words — the video shows every step.

One portion (1 bar) gives you

1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
203 kcal	7.4 g	8.1 g	3.8 g	18 g	80 mg
850 kJ	15% of a day	4.3 g net · 1.8 g sugars	14% of a day	8.5 g saturated	3% of a day
		3% of a day		23% of a day	

Energy from net carbs 8% · protein 14% · fat 78% — fits keto: 4.3 g net carbs, 78% of the energy from fat

Source of (10–19%) Magnesium 12%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=zSove8JBTc4, published 23 July 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/no-bake-keto-peanut-butter-bars