

# Shopping List

## Bulk

Carob or chocolate chips

Vanilla extract

Peanut butter

Agave nectar

## Grocery

Corn flakes

Puffed rice cereal

Coconut palm sugar

Unsweetened Baking chocolate

## Dairy

Unsalted butter



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# No Bake Crunchy Chocolate Peanut Butter Bars



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## INGREDIENTS

For the chocolate filling:

2 T organic unsalted butter (or organic shortening)

7 oz unsweetened carob or chocolate chips

1 oz unsweetened baking chocolate, chopped

$\frac{3}{4}$  t vanilla extract

For the crunchy cookies:

2  $\frac{1}{2}$  c GF corn flakes, lightly crushed

1  $\frac{1}{2}$  c GF puffed rice cereal

$\frac{3}{4}$  c peanut butter (unsweetened)

$\frac{1}{4}$  c agave nectar

$\frac{1}{4}$  c coconut palm sugar

1  $\frac{1}{2}$  T organic unsalted butter

## INSTRUCTIONS

1. Line a 9x13 pan with aluminum foil or parchment paper (let the edges hang over the side). Lightly mist with cooking spray.
2. Put 2 T butter (or shortening) in the bottom of a glass or stainless steel bowl (that will fit snugly on top of a saucepan) or in the top of a double boiler. Top with carob/chocolate chips, chopped baking chocolate, and vanilla. Bring an inch of water to a boil and place the bowl on top of the pot. Turn off burner. Let sit until the mixture melts, stirring occasionally.
3. Put the cornflakes and rice cereals in a large bowl.
4. Put the peanut butter, agave, palm sugar, and butter in a heavy bottomed sauce pan. Heat over medium heat, stirring constantly. Bring to a boil for one minute, stirring. Pour hot peanut butter mixture over cereals and stir until coated.
5. Press half of the cereal mixture into the bottom of your prepared pan. Spread with the melted chocolate mixture. Top with the remaining cereal mixture, pressing them into the chocolate mixture.
6. Cover and refrigerate until set, about one hour. Cut into desired size with a sharp chef's knife.
7. Enjoy!

You can substitute the corn flakes and puffed rice with any GF cereal you have on hand.



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