



# Peanut Butter Cup Bars

(no bake recipe)

## *Ingredients:*

150 gm oats

50 gm ground almonds

5 tbsp peanut butter

4-5 tbsp maple syrup

50 ml milk

1 tsp vanilla extract

Pinch of salt

80g chocolate (dark or milk)

1 tsp coconut oil OR butter

1 tsp peanut butter

## *Method:*

Line a loaf sized tin.

Blitz the oats in a blender/food processor until fine.

Put the oats, ground almonds, peanut butter, maple syrup, milk, salt and vanilla extract into a bowl, and mix well until combined.

Press tightly into the bottom of your loaf tin.



In a microwaveable bowl, melt together the chocolate, coconut oil and peanut butter.

Pour over the oat mixture and smooth out.

Pop into the fridge until the chocolate is completely set.

Cut into squares/bars.