

Homemade Crunch Bars

Description

These homemade crunch bars taste better than store bought, are easy to make with only 3 ingredients and have the same crispy, chocolaty taste as your favorite candy bar! atermark

Prep Time: 5minutes minutes

Freezing Time: 15minutes minutes Total Time: 20minutes minutes

Servings: 8

Ingredients

- 1 ½ cups chocolate chips
- â ? cup peanut butter
- 1 cup rice krispies
- flaked sea salt, optional

Instructions

- 1. Prepare baking dish: Line an 8Ã?8 square baking dish with parchment paper.
- 2. Melt chocolate and peanut butter: Place 1 1/2 cups chocolate chips, and 1/3 cup peanut butter in a medium sized, microwave-safe bowl. Melt in the microwave in 30-second intervals, stirring between each interval.
- 3. Add rice krispies: When chocolate is smooth and melted, add 1 cup rice krispies and stir well.
- 4. **Spread in pan:** Spread into prepared pan, dust with flaked sea salt (if desired.)
- 5. Freeze: Freeze for 15 minutes. Cut into 8 bars.

Notes

Gluten-free: To make these gluten free, make sure youâ??re using a gluten-free krispie. You can also use puffed rice quinoa for a healthier option.

Mix-inâ??s: Feel free to add in mixed nuts or dried fruit. Use a little less cereal.

Storage: Place crunch bars in a freezer safe container and store in the freezer until ready to serve.

Category

1. High Protein Recipes

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