



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!

Prep Time: 5minutes minutes

Freezing Time: 15minutes minutes

Total Time: 20minutes minutes

Servings: 8

Ingredients

- 1 ½ cups chocolate chips
- 1/3 cup peanut butter
- 1 cup rice krispies
- flaked sea salt, optional

Instructions

1. **Prepare baking dish:** Line an 8"×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 you're using a gluten-free krispie. You can also use puffed rice quinoa for a healthier option.

Mix-ins: 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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