

Low FODMAP Peanut Butter Chocolate Crunch Bars

Monash FODMAP Certified Recipe by A Little Bit Yummy

Serves: 5 servings
(1 bar = 1 serve)

Prep: 15 minutes

Cook: 30 minutes



Ingredients	Metric	Imperial
PEANUT BUTTER CHOCOLATE CRUNCH BARS		
½ cup smooth peanut butter	125 g	4.4 oz
¼ cup maple syrup	60 g	2.1 oz
1 tsp vanilla extract		
5 rice cakes		
CHOCOLATE TOPPING		
½ cup dark chocolate chips	98 g	3.46 oz
3 tsp coconut oil		
¼ tsp sea salt		

Method

1. Line a 14 cm by 23 cm (5.5 inch by 9 inch) baking loaf pan with baking/parchment paper.
2. Mix the peanut butter, maple syrup, and vanilla in a small bowl until smooth and well combined.
3. Crumble the rice cakes into a large bowl. Pour over the peanut butter mixture and combine using a wooden spoon. The crunch mixture should stick together in large clumps.
4. Transfer the peanut butter crunch mixture to the lined pan and evenly spread using a spoon. Lay another piece of baking/parchment paper on top of the crunch base, and firmly press the mixture into the pan using your hands. Firmly pressing the mixture into the pan will help stop it from crumbling when you cut it. Remove the baking/parchment paper.
5. Place the dark chocolate chips and coconut oil in a microwave-safe bowl. Melt the chocolate in 20 second bursts, stirring each time, until smooth.
6. Pour the chocolate evenly over the top of the peanut butter crunch base. Sprinkle with sea salt and place in the freezer for 30 minutes to set.
7. Cut into 5 crunch bars and enjoy!

Nutrition Information (per serve)	
Energy	1474 Kj / 352 cal
Protein	7.04g
Carbohydrates	33.49g
Sugar	22.15g
Total Fat	21.36g
Saturated Fat	8.36g
Fibre	2.05g