



Chocolate Coconut Energy Crunch Bars

8 servings

2 hours

Ingredients

- 1 cup Rice Puffs Cereal
- 1 cup Unsweetened Shredded Coconut
- 2 tbsps Coconut Oil
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Chia Seeds
- 1/2 tsp Vanilla Extract
- 1/4 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	213
Fat	18g
Carbs	11g
Fiber	3g
Sugar	5g
Protein	4g
Vitamin C	0mg
Calcium	21mg
Iron	1mg
Vitamin D	0IU
Folate	7µg
Vitamin B12	0µg
Magnesium	23mg
Zinc	0mg

Directions

- 1 Blend the rice puffs cereal and shredded coconut in a food processor until coarsely ground. Add the coconut oil, peanut butter, chia seeds, vanilla extract and chocolate chips and blend for another minute.
- 2 Line a container with parchment paper. Transfer the mixture and firmly press into an even layer. (Tip: Wet your hands or a spatula to prevent sticking.)
- 3 Freeze for at least two hours. Cut into bars and keep frozen until ready to eat. Enjoy!

Notes

Leftovers: Keep frozen in an airtight container or bag for up to two months.

Serving Size: One serving equals one bar (from an eight-serving recipe). A 9 x 5.5-inch container was used to make eight servings.

Peanut Butter: The All Natural brand was used in this recipe which contains only peanuts and nothing else. You can use any brand of no added sugar peanut butter.

Nut-Free: Use a seed butter like sunflower seed butter or pumpkin seed butter.

Additions: Add cinnamon, a pinch of sea salt or more chocolate chips!

Save Time/No Freezing: Instead of freezing into bars, use the crumbly mixture as a yogurt or oatmeal topping. Keep refrigerated.