

Chocolate Peanut Butter Bars

Serving Size: 1 bar

Serves: 16

Ingredients

2 cups rolled oats

⅓ cup plus 2 tablespoons semisweet mini chocolate chips

½ cup sugar free reduced-fat peanut butter

¼ cup packed brown sugar

3 tablespoons butter

2 tablespoons all-purpose flour

1 teaspoon cinnamon

¾ cup strawberries, finely chopped

Directions

Preheat oven to 350.

Brown the oats in a medium-hot dry skillet, stirring constantly about 4 – 5 minutes. Remove from skillet and set aside.

In a medium saucepan, melt the chocolate chips over low heat. Remove 2 tablespoons and reserve warm. Stir in peanut butter, brown sugar, butter, flour, and cinnamon until well blended. Stir in the oats.

Lightly press the oatmeal mixture into a 9 inch square baking pan. Bake 10 – 12 minutes. Cool completely in pan on a wire rack.

Top the oatmeal mix with the strawberries. Rewarm the melted reserved chocolate chips if needed and seal them into a small ziplock bag. Cut a tiny corner (& I do mean tiny) from the bottom of the bag and using it as a pastry bag, drizzle the melted chocolate over the strawberries. Cover and refrigerate for 2 hours.

Bring to room temperature before serving about 10 minutes and cut into 16 bars.

Exchanges per serving:

1 Starch, 1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 153

Calories from fat: 76

Total Fat: 8g

Saturated Fat: 3g

Cholesterol: 6mg

Sodium: 27mg

Carbohydrate: 18g

Dietary Fiber: 2g

Protein: 4g