

No-Bake Dark Chocolate Oatmeal Bars

Ingredients:

- 1 cup natural peanut butter
- 2 TBSP Stevia (or ½ cup honey)
- ½ cup Smart Balance (or ½ cup coconut oil)
- 2 cups old fashioned oats
- 1 cup crushed nuts (optional: dried fruit)
- ¾ cup dark chocolate chips
- 1 tsp vanilla extract
- Optional: sprinkle ground flaxseed and chia seeds for some extra fiber, protein and omega 3 fatty acids.

Directions:

1. Melt peanut butter, Stevia (or honey), Smart Balance (or coconut oil) over medium-low heat in a saucepan on the stove.
2. Remove from heat once it's melted together and add in the oats, dark chocolate chips, nuts/dried fruit and vanilla. Stir together until the chocolate is completely melted.
3. Pour into a greased 9 x 13 pan and cool in the fridge. If you'd like thicker bars, you can pour the mixture into a smaller pan.
4. When the mixture is hardened, cut into bars and eat. Store in the refrigerator or freezer.
5. Enjoy!

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