

# Chocolate Peanut Butter Bars

*A kid friendly, no cook protein treat*

## INGREDIENTS

1 15 oz. can Black Beans- drained and rinsed  
*This recipe works with any canned, drained beans like chickpeas, lentils, or navy beans*

1/4 cup Unsweetened Cocoa Powder

1/4 cup Peanut Butter

1/3 cup Maple Syrup

1 cup Oats

Chocolate Layer - optional

1/4 cup Chocolate Chips

1/2 teaspoon Coconut Oil



## DIRECTIONS

In a food processor, blender, hand blender, or food chopper add drained, rinsed black beans, cocoa powder, peanut butter, maple syrup, and oats.

Process at medium to high speed until it forms a chocolate paste. You will have to stop 2-3 times to scrape down the sides of the bowl with a rubber spatula, and mix again. You want all the black beans to puree, but you will still see pieces of oats

You should be able to squeeze the batter into a ball. If it's too wet, add a bit more oats, and mix well

Press the batter onto a pieces of lightly oiled parchment paper, cover with another piece of parchment paper on top, and press to form a flat rectangle

In a microwave melt the chocolate chips and coconut oil. Microwave in 30-second bursts, stir between, until fully melted.

Pour the melted chocolate on top of the bar, leaving the sides free from melted chocolate to make it easier to cut.

Place the bar 10 minutes in the freezer to set the chocolate layer.

Cut into even bars. Freezes well for 1 month.



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