

ONE BITE

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Vegan Options in Auckland, NZ

No bake chocolate oat bars

By Trish Cowper

Servings: 16 bars

Ingredients

- 1 cup vegan butter like Earth Balance
- 1/2 cup brown sugar
- 1/2 tsp vanilla
- 3 cups oats
- 1 cup dark chocolate chips
- 1/2 cup peanut butter

Instructions

1. Line a square baking pan with parchment paper, leaving a bit of an overhang to so the finished bars can easily be removed. I like 8x8. 9x9 works nicely too.

2. Melt butter and brown sugar and vanilla in large sauce pan. Stir and cook over medium heat until creamy and smooth. Sugar should be dissolved

3. Stir oats into the butter mixture and continue to stir and mix over



medium

heat until the oats are evenly coated.

About 3 minutes. The mixture might bubble a little and that is okay.

4. Cover the bottom of the square baking dish with about half of the oat mixture. Pressing the mixture firmly to make a crust. I use the bottom of a measuring cup to flatten and smooth out the oats to make an even layer.

5. In a microwave safe bowl, heat chocolate chips and peanut butter together until the chocolate chips melt and the mixture smooth and creamy. Do this in 30 second increments, stirring after each. It should only take a minute or two. Once the chocolate starts to melt, it will blend smoothly. Pour over the oatmeal crust and spreading almost to the corners.

6. Top with the remaining oatmeal mixture, gently pressing into the chocolate. It's okay if you see some chocolate.

7. Refrigerate for several hours, or overnight until chocolate is firm. Remove from plan and cut into squares.





About the author...

Hi. I'm **Trish** and I blog at infinebalance.com. When I first started my website it was a journal. A place where I worked out new mom feelings and worries — worries about working too much, not feeding my kids right, not taking care of myself properly and everything in between. Since then my family has grown and the blog has evolved. And I've relaxed — especially about dinner. Now it's my place to post my favourite recipes, practice using my camera, and pop in to say "Hi" from time to time.

