



# No Bake Praline and Peanut Butter Oatmeal Bars

45'  
Hands on

24  
Portion(s)

1  
Difficulty



## Method

- Brush a 27x20 cm [baking pan](#) with sunflower oil.
- Line baking pan with parchment paper. Cut a larger piece and let the ends hang out over the edges of the baking pan.
- Combine the ground wafers, oats, sugar and salt in a large bowl.
- Melt the butter in a medium [pan](#) over medium heat. Add 190 g peanut butter and the hazelnut chocolate praline sauce. Stir until all of the ingredients are incorporated.
- Transfer to bowl with wafer mixture and stir with a spatula until all of the ingredients are completely combined.
- Pour mixture into baking pan. Use the bottom of a glass to press on the mixture until it is evenly spread out and compact. Refrigerate for 30 minutes.
- Melt the dark chocolate couverture in a bain marie or microwave.
- When ready, remove baking pan from refrigerator and pour the melted chocolate over it. Use a spatula to spread it evenly over the top. Refrigerate again for at least 15 minutes, until the chocolate hardens.
- Heat the extra 3 tablespoons of peanut butter in a small pan until it melts. Spread over the chilled chocolate in the baking pan.
- Melt the milk chocolate and pour it over the peanut butter. Refrigerate again for 15 minutes.
- When chilled, take hold of the hanging ends of the parchment paper and lift the sheet out of the baking pan. Dip a [sharp knife](#) in some boiling water. Dry it off and cut into 24 square bars.
- Allow the bars to sit at room temperature for 10 minutes before serving.

## Ingredients

- sunflower oil
- 260 g waffle, chocolate, finely ground
- 160 g oat flakes
- 250 g granulated sugar
- 1/4 teaspoon(s) salt
- 160 g butter, unsalted, cut into small pieces
- 250 g [hazelnut chocolate spread](#)
- 250 g [homemade peanut butter](#)
- 280 g chocolate couverture, melted
- 40 g milk chocolate couverture, melted

For the chicken

- 50 g [hazelnut chocolate spread](#), melted
- 50 g white chocolate couverture, melted

## Διατροφικός πίνακας

Nutrition information per portion

401 Calories (kcal)	25.0 Total Fat (g)	11.0 Saturated Fat (g)	35.0 Total Carbs (g)
20%	36%	55%	13%
27.0 Sugars (g)	6.5 Protein (g)	2.9 Fibre (g)	0.19 Sodium (g)
30%	13%	12%	3%