

# No-Bake Peanut Butter Bars – Vegan

Prep Time: 15 minutes  
Total Time: 15 minutes

Serving Size: 9  
Calories per serving: 256  
Fat per serving: 18 grams

*'The China Study Cookbook', by Leanne Campbell, p-265.*

## Ingredients

- 1 cup low-fat graham crackers, crushed
- 1/4 cup crushed walnuts
- 1/2 cup reduced-fat, unsweetened coconut
- 1/3 cup natural peanut butter
- 1/4 cup non-dairy milk
- 1 cup non-dairy chocolate chips
- 5 tablespoons rice or almond milk
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## Instructions

1. Crush graham crackers in food processor. In separate bowl, add walnuts, coconut, and peanut butter. Stir in crushed graham crackers.
2. Slowly add milk and mix. If mixture does not hold together, continue adding additional milk until all ingredients stick together.
3. However, don't make it too soft, and, if necessary use your hands.
4. Spread mixture evenly into a 9x9 nonstick baking dish.
5. In a saucepan, melt chocolate chips together with rice or almond milk over medium heat. Stir until smooth.
6. Spread chocolate mixture on top of peanut butter mixture.
7. Refrigerate for 1 hour or until hardened. Cut into squares and enjoy!

## Notes

Nutrition facts (per serving): Calories: 256, from fat: 82, total fat: 18g, cholesterol: 0mg, sodium: 72mg, total carbohydrate: 21g, fiber: 3g, sugar: 16g, protein: 4g.