

PEANUT BUTTER CARAMEL BARS

Crust:

- 1 $\frac{3}{4}$ + 2 Tablespoons almond flour
- 1/2 cup granulated sweetener
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup + 2 tablespoons cold butter, cut into small pieces

Peanut Butter Caramel Filling:

- 1 cup creamy peanut butter
- $\frac{1}{4}$ cup + 2 tablespoons butter
- $\frac{3}{4}$ cup confectioners sweetener
- $\frac{1}{4}$ cup + 2 tablespoons heavy whipping cream
- $\frac{3}{4}$ teaspoon caramel extract



Chocolate Topping:

- 4.5 ounces Lilly's chocolate chips
- 3 tablespoons butter

1. Preheat the oven to 350F. Combine almond flour, butter, sweetener, and salt in a food processor. Pulse to combine. Continue to pulse until the mixture resembles fine crumbs.
2. Press the mixture evenly into the bottom of an 9 x 13 rectangle pan and bake 15 minutes or until light golden brown. Set aside and let cool completely.
3. In a microwave safe bowl, combine the peanut butter and butter and melt on high until it can be stirred to a smooth mixture, about 1 minute. Stir in the powdered sweetener until well combined and then whisk in the cream and the extract.
4. Pour over cooled crust and spread evenly with an offset spatula. Refrigerate until set, about 20 minutes.
5. In a microwave safe bowl, combine the chocolate chips and the butter.
6. Heat on high in 30 second increments, stirring in between, until smooth. Be careful not to overheat and make your chocolate seize.
7. Spread over the chilled filling. Return to refrigerator to chill and set

Cut into 80 squares for the following macros:

<i>calories per serving</i>	<i>fat grams per serving</i>	<i>protein grams per serving</i>	<i>carbohydrate grams per serving</i>	<i>net carbs per serving</i>
58	5.5 (86%)	1.4 (10%)	4.06 (28%)	.66 (4%)

Recipe created by Chef Jennifer Winder and demonstrated on "Living our Keto Life" Facebook page on 4/18/2018