

Chocolate Peanut Squares

Alberta Health Services recommends choosing foods with at least 2 grams of fibre per serving. This dessert has 4 grams of fibre per square, making it a decadence to enjoy on occasion.



Ingredients:

1 ½ cups	Milk chocolate chips	375 mL
¾ cup	Reduced fat peanut butter	175 mL
1 ½ cups	Dried dates, chopped	375 mL
3 cups	Bran flakes cereal	750 mL
¼ cup	Unsweetened coconut	60 mL
	Non-stick cooking spray	

Directions:

1. Lightly spray a 9 x 9 inch (23 x 23 cm) pan with non-stick cooking spray.
2. Put chocolate chips and peanut butter in saucepan, and stir over low heat until melted. Remove from heat.
3. In a large bowl, mix chopped dates and bran cereal.
4. Add melted peanut butter and chocolate chip mixture to the dates and cereal.
5. Stir gently until well coated.
6. Press into prepared pan.
7. Sprinkle with coconut.
8. Chill thoroughly before cutting.
9. Cut into 16 squares.

Makes 16 servings (1 square/ 53 g)

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Nutrition Facts	
Per 1/16 of recipe (1 square/ 53 g)	
Amount	% Daily Value
Calories 230	
Fat 10 g	15 %
Saturated 4 g	20 %
+ Trans 0 g	
Cholesterol 5 mg	
Sodium 140 mg	6 %
Carbohydrate 31 g	10 %
Fibre 4 g	16 %
Sugars 21 g	
Protein 6 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	4 %
Iron	10 %

Nutrient Claim	Amount per serving
High in fibre	4 g
Low in sodium	140 mg
Source of potassium	295 mg
High in magnesium	50 mg
Source of folate	20 mcg
Source of iron	1.6 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/4
Grain Products	1/4
Milk and Alternatives	0
Meat and Alternatives	1/4

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.

Special equipment needed:

- 9 x 9 inch (23 x 23 cm) baking pan