
Peanut Butter Bars with Carob Peanut Butter Frosting

For the Bars

½ cup	organic 100% peanut butter
1/3 cup	butter or coconut oil
¼ cup	apple butter
2 tbsp	date sugar or sucanat (optional)
½ tsp	stevia powder
1 tsp	vanilla
1	egg
1 cup	whole grain flour like spelt
½ cup	rolled oats
½ tsp	baking soda
¼ tsp	sea salt

For the Frosting

½ cup	carob or cocoa
¾ cup	rice or almond milk
1/3 tsp	stevia powder
1/3 cup	organic 100% peanut butter
1 tsp	vanilla
(add 2 tbsp of honey if using cocoa)	

To make bars – preheat the oven to 350°F. Oil an 11x7" or similar size baking pan. Mix the peanut butter and oil together in a bowl. If your peanut butter is already runny, reduce the oil and increase the peanut butter slightly. Mix in the apple butter, date sugar, stevia extract, vanilla, and egg. Stir in the flour, oats, baking soda, and salt. Press the batter into the bottom of the pan, and bake for 25 minutes.

To make frosting – Mix the carob/cocoa, rice milk, and stevia extract together in a saucepan. Cook at a low boil for about 7 minutes, stirring occasionally. Remove from the heat and mix in the peanut butter and vanilla until smooth. Remove the bars from the oven, and frost immediately. Cool before cutting.

Adapted from Rita DePuydt, *Stevia – naturally sweet recipes for dessert, drinks and more!*

Nutritional Value of Select Ingredients

Peanut Butter – As peanuts are high in protein, monounsaturated fats, and contain carbohydrates, they are a macronutrient-balanced food. When buying peanut butter, ensure that it is organic (peanuts absorb pesticides from the soil very easily) and contains only peanuts and maybe a little bit of salt (most peanut butter is 50% sugar).

Oats – This grain is a great source of complex carbs, and is high in protein and fibre. They can help normalize blood sugar levels, and are good for a sluggish thyroid. Oats are high in tryptophan, iron, and phytochemicals.

Spelt – This sweet, nutty grain is a grain tolerated by people with gluten-sensitivities (however it does contain gluten). It contains all 8 essential amino acids, and special carbohydrates that play a major role in blood clotting and stimulating the immune system. Spelt is higher in amino acids, some minerals, and B vitamins than wheat.

Stevia – Stevia is a plant from South America that is 200-300 times sweeter than sugar, with virtually no calories or glucose. It has a regulating effect on the pancreas and may help stabilize blood sugar levels in the body, making it great for those with diabetes, hypoglycemia, and candidiasis.