

Dark Chocolate Cherry Bars

Looking for the perfect blend of sweet and tart with a touch of decadence? Look no further with these dark chocolate cherry bars! Packed with heart-healthy dark chocolate and naturally sweet, dried cherries, recipe delivers on flavor and function. Cherries are more than just a tasty fruit. They're rich in antioxidants, which help fight inflammation and support heart health. They're also a natural source of melatonin, which may help improve sleep quality. So go ahead, treat yourself to a bar (or two)—your taste buds and body will thank you.

Ingredients:

1/4 cup nut butter (like almond, cashew, peanut)
3 tbsp pure maple syrup (substitute for honey, agave)
1 teaspoon vanilla
1 1/3 cup quick oats
1 cup Rice Krispies (substitute with puffed rice, puffed millet, quinoa, Chex)
1/4 teaspoon sea salt
1/4 cup unsweetened vanilla almond milk
1/3 cup dried unsweetened cherries, chopped
3 tbsp dark chocolate chips
2 tbsp chia seeds

Directions:

1. Preheat oven to 300°F. Line 8x8 inch baking pan with foil or parchment paper and spray with nonstick cooking spray.
2. In a large bowl, combine desired nut butter, maple syrup, and vanilla until smooth and well combined.
3. Stir in oats, Rice Krispies, salt, and protein powder until well-coated, thick, and sticky. Add in almond milk and stir again.
4. Fold in cherries, chocolate chips, and chia seeds.
5. Pour mixture into prepared pan and use a spatula to evenly spread. With pressure, press down the mixture very firmly. This will ensure the bars stick together well.
6. Bake for 15 – 18 minutes. Cool on wire rack for 10 minutes.
7. Cut into 10 bars. Enjoy!

Yield: 10 servings (1 bar servings)

Nutrition Facts: 140 calories; 5 Fat (1g Saturated Fat; 0g Trans Fat); 0mg Cholesterol; 75mg Sodium; 21g Carbohydrate (3g Fiber, 7g Sugar, 4g Added Sugar); 3g Protein; 0% Daily Value (DV) Vitamin D; 4% DV Calcium; 10% DV Iron; 4% DV Potassium