

No Bake Sugar Free Peanut Butter Chocolate Bars Keto

★★★★★
4.38 from 529 votes

Prep Time

10 mins

Total Time

10 mins

No-Bake Keto Peanut Butter Chocolate Bars will satisfy all of your dessert cravings with almost none of the sugar. Low Carb, low sugar, high fat Peanut Butter Bars make a perfectly delicious keto dessert or fat bomb.



Course: Dessert

Cuisine: American

Dietary Consideration: Dairy-Free, Gluten-Free, High Fat, Keto, Low Carb, Low Sugar

Cooking Style: No Cook

Ease of Cooking: Less than 5 ingredients, No Cook, Under 30 Mins

Recipe Type: Desserts, Fat Bombs, Full Liquids/Soft Foods

Servings: 8

Calories: 246 kcal

Author: [Urvashi Pitre](#)

Ingredients

For the Bars

- 3/4 cup Almond Flour
- 2 oz Butter
- 1/4 cup Swerve Icing sugar style
- 1/2 cup Creamy Peanut Butter
- Vanilla extract

For the Topping

- 1/2 cup Sugar-Free Chocolate Chips

Instructions

1. Mix all the ingredients for the bars together and spread into a small 6 inch pan
2. Melt the chocolate chips in a microwave oven for 30 seconds and stir.
3. Add another 10 seconds if needed to melt fully.
4. Spread the topping on top of the bars.
5. Refrigerate for at least an hour or two until the bars thicken up. These bars definitely improve with keeping so don't be in a huge rush to eat them.

Recipe Notes

Tips and Tricks

- Mix butter, peanut butter, and Swerve with the almond flour and pat out
- Melt chocolate and pour on top
- DO NOT RUSH THIS. Let it solidify in the fridge and let the tastes mingle. If you eat it too soon, it will taste like artificial sugar. Let the tastes meld together and it will be super fantastic.

If you love these keto peanut butter bars and are looking for other keto desserts or low carb desserts, [check out my entire selection of low carb desserts right here!](#) Cakes, cookies, brownies, puddings--all low carb and mostly gluten-free.

Nutrition facts per serving

246kcal | Fat: 23g | Saturated fat: 8g | Carbohydrates: 7g | Fiber: 3g | Sugar: 1g | Protein: 7g

I am not a registered dietician or nutritionist. Nutritional information is provided a courtesy, and can vary depending on the exact ingredients you use.

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