

No-Bake Chocolate Caramel Peanut Butter Pretzel Bars: Easy Recipe

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TIME
1-2 min

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INGREDIENTS

2 cups crushed pretzels (about 5-6 cups whole pretzels)
½ cup (1 stick) unsalted butter, melted
½ cup creamy peanut butter (for the base)
1 cup peanut butter (for the filling)
1 cup powdered sugar
8 ounces caramel candies, unwrapped
2 tbsp heavy cream or milk
1 cup chocolate chips (semi-sweet or milk chocolate work best)
1 tbsp coconut oil (optional, for smoother chocolate)
Flaky sea salt for sprinkling (optional, but highly recommended!)

DIRECTIONS

1. Let's get these layers of deliciousness started!
2. Prepare the : Pretzel Crust: In a medium bowl, combine the crushed pretzels with the melted butter and ½ cup of creamy peanut butter. Mix until well combined. Press this mixture firmly into the bottom of a 9x13-inch baking dish lined with parchment paper (leaving an overhang on the sides for easy removal). Place in the refrigerator to chill while you prepare the next layer.
3. Make the : Peanut Butter Filling: In a separate large bowl, beat together 1 cup of peanut butter and the powdered sugar until smooth and creamy. Spread this peanut butter mixture evenly over the chilled pretzel crust. Return the dish to the refrigerator.
4. Melt the : Caramel: In a microwave-safe bowl, combine the caramel candies and heavy cream (or milk). Microwave on high in 30-second intervals, stirring after each, until the caramels are completely melted and smooth. This usually takes 1-2 minutes.
5. Layer the : Caramel: Carefully pour the melted caramel evenly over the peanut butter layer. You can gently tilt the dish to help spread it. Place the dish back into the refrigerator to chill for at least 30 minutes, allowing the caramel to firm up slightly.
6. Prepare the : Chocolate Topping: In a microwave-safe bowl, combine the chocolate chips and coconut oil (if using). Microwave on high in 30-second intervals, stirring after each, until the chocolate is completely melted and smooth.
7. Add the : Chocolate Layer: Pour the melted chocolate over the chilled caramel layer and spread it evenly. If desired, immediately sprinkle with a pinch of flaky

sea salt.

8. **Chill and Serve:** Return the dish to the refrigerator for at least 1-2 hours, or until the chocolate is set. Once firm, use the parchment paper overhang to lift the entire slab out of the dish. Cut into bars and enjoy!

SWAPS & NOTES

-salty, sweet, crunchy, and chewy.

These bars deliver on every front, and the best part?

They're no-bake , meaning less time in the kitchen and more time enjoying the delicious results.

This recipe is a true showstopper that's surprisingly simple to make, perfect for satisfying those intense cravings or for bringing to your next gathering.

TIPS FOR SUCCESS

Crushing Pretzels: For the best results, crush the pretzels into fine crumbs.

A food processor works wonderfully for this, but you can also place them in a zip-top bag and crush them with a rolling pin.

Firming Up Layers: Chilling each layer before adding the next is key to preventing them from mixing and ensures clean, defined layers.

Parchment Paper: Don't skip the parchment paper!

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