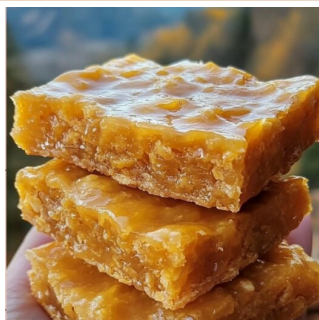


## Sweet & Salty Frit Bars: Crunchy, Creamy & Addictive

Get ready for a flavor and texture explosion with these incredibly addictive



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### INGREDIENTS

One 9.25 oz bag of Frit (Fritos corn chips or similar brand)

1 cup peanut butter (creamy or crunchy)

1 cup sugar (granulated)

1 cup corn syrup

Swaps and Notes:

**Frit (Corn Chips):** While the recipe uses "Frit," it refers to classic Fritos corn chips or a similar brand of plain, salted corn chips. The saltiness is crucial here!

**Peanut Butter:** Creamy peanut butter will give you a smoother bar. Crunchy peanut butter will add extra texture. Use natural peanut butter for a less sweet taste.

**Sugar:** Granulated sugar is standard.

**Corn Syrup:** Light corn syrup is usually preferred. It helps create a smooth, non-crystallized topping. You can substitute with honey or maple syrup for a slightly different flavor profile, but the texture might vary slightly.

**Optional Additions: Chocolate Drizzle:** Melted chocolate chips drizzled over the top once set would be an amazing addition.

**Sprinkles:** For a festive touch.

**Mini Marshmallows:** Stirred into the hot peanut butter mixture right before pouring.

**Vanilla Extract:** A teaspoon added to the peanut butter mixture can enhance the flavor.

### DIRECTIONS

1. Let's get these sweet, salty, and crunchy : Frit Bars assembled!
2. Prepare : Baking Dish: Start by generously spraying a 13 x 9 inch baking dish with cooking spray. This crucial step will prevent any sticking and ensure easy removal of your bars later.
3. Create the : Crunchy Base: Evenly spread the entire 9.25 oz bag of Frit (corn chips) into the prepared baking dish. Gently press them down to form a relatively even layer. Trust me, this crunchy, salty base is what makes these bars absolutely amazing!
4. Make the : Peanut Butter Topping: In a medium saucepan, combine the peanut butter, granulated sugar, and corn syrup. Place the saucepan over medium heat. Stir the mixture constantly, heating it gently until everything is completely melted and perfectly blended into a smooth, cohesive, warm mixture. Don't boil this mixture.
5. Pour : Over Frit: Carefully pour that delicious warm peanut butter concoction evenly over the Frit (corn chips) in the baking dish. Use a spatula or the back of a spoon to gently spread the topping and make sure to cover all the chips.
6. Chill to : Set: Pop the baking dish into the refrigerator. Let it chill until the mixture is completely set and firm to the touch. This usually takes at least 1-2 hours, but can be done overnight.
7. Cut and : Enjoy: Once fully set, remove the dish from the fridge. Cut the Frit Bars into squares or rectangles of your desired size. Serve immediately and enjoy the delightful mix of sweet, salty, and crunchy flavors!

## SWAPS & NOTES

: sweet, salty, crunchy, and creamy - pure bliss in every bite!

What I love most is how simple they are to make, with no baking required, making them perfect for hot summer days or when you need a quick dessert fix.

The surprising use of corn chips provides a unique, savory crunch that perfectly balances the rich peanut butter and sweet caramel-like topping.

They come together in minutes, set quickly, and are dangerously delicious.

### TIPS FOR SUCCESS

**Fresh Frit/Corn Chips:** Use fresh, crisp corn chips.

Stale chips won't give the same satisfying crunch.

**Even Layer of Chips:** Spread the chips out evenly so each bar has a good amount of crunchy base.

**Melt Slowly:** When combining the peanut butter, sugar, and corn syrup, melt them gently over medium heat, stirring constantly, to prevent burning and ensure a smooth mixture.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sweet-salty-frit-bars-crunchy-creamy-addictive/>