

Easy 7-Ingredient Chocolate Peanut Pretzel Bars Recipe

creamy peanut butter, crunchy pretzels, and rich milk chocolate



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3 min

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INGREDIENTS

2 cups mini pretzels: Roughly crushed (you want some chunks, not dust!).

1 cup dry roasted peanuts: Chopped.

¾ cup peanut butter: Creamy works best for a smooth binder, but chunky adds extra texture.

1/3 cup honey or light corn syrup: This provides the "sticky" factor.

... cup brown sugar: For a deep, molasses-like sweetness.

2 tbsp unsalted butter: Adds richness to the binder.

1 tsp vanilla extract: To round out the flavors.

Pinch of salt: To balance the sugar.

1 ½ cups milk or semi-sweet chocolate chips: Use high-quality chips for the best melt.

1 tbsp coconut oil or butter: This ensures the chocolate stays smooth and doesn't crack when you slice the bars.

Extra chopped peanuts

Flaky sea salt (Highly recommended!)

Swaps and Notes:

Make it Vegan: Swap the honey for agave nectar and use vegan butter and dairy-free chocolate chips.

Nut Butter Alternatives: If you have an allergy, almond butter or sunflower seed butter works beautifully here.

Chocolate Variety: I personally love milk chocolate for that "Reese's" vibe, but dark chocolate (70%

cocoa) makes these feel much more decadent.

Step-by-Step Instructions:

Tips for Success:

Don't Over-Crush: If you pulse the pretzels in a food processor until they are crumbs, you lose the "snap." Use your hands or a rolling pin to crush them in a bag for better control.

The "Warm Knife" Trick: For perfectly clean edges, dip your knife in hot water and wipe it dry between each cut. The heat will glide through the chocolate layer without shattering it.

Room Temp Serving: While they need to stay in the fridge to set, let them sit out for about 5-10 minutes before serving so the base softens just slightly.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 245 kcal

Fat: 14g

Carbohydrates: 26g

Protein: 5g

Sugar: 18g

Storage and Leftover Tips:

Refrigerator: Store in an airtight container for up to 2 weeks. Use parchment paper between layers to prevent sticking.

Freezer: These bars freeze exceptionally well! Wrap them individually and freeze for up to 3 months. They are actually delicious to eat straight from the freezer.

More Recipes You Will Love:

[The Best Peanut Butter Brownies I've Ever Made](#)

[No-Bake Peanut Butter Oatmeal Bars](#)

Final Thoughts:

DIRECTIONS

1. **1. Prepare the Pan** Start by lining an 8x8-inch square baking pan with parchment paper. Pro tip: leave a little overhang on the sides. This "sling" allows you to lift the entire block out once it's set, making slicing much easier.
2. **2. Mix the Crunch** In a large mixing bowl, toss your crushed pretzels and chopped peanuts together. You want the pretzels to be in roughly 1/4-inch pieces.
3. **3. Create the Binder** In a small saucepan over medium heat, combine the peanut butter, honey, brown sugar, and butter. Stir this continuously. Once it starts to gently bubble (usually 2-3 minutes), remove it from the heat immediately. Stir in the vanilla and the pinch of salt.
4. **4. Combine and Press** Pour that hot peanut butter mixture over your pretzels and peanuts. Use a sturdy spatula to stir quickly until everything is coated. Transfer the mixture to your prepared pan. Press down firmly. If you don't press hard enough, the bars will crumble when cut.
5. **5. Melt the Chocolate** Place your chocolate chips and coconut oil in a microwave-safe bowl. Heat in 20-30 second intervals, stirring in between, until the mixture is glossy and smooth.
6. **6. The Final Layer** Pour the melted chocolate over the pretzel base and spread it to the edges. While the chocolate is still wet, sprinkle on your extra peanuts and that crucial flaky sea salt.
7. **7. Chill and Slice** Place the pan in the refrigerator for at least 1-2 hours. Once the chocolate is firm, lift the parchment paper out and use a sharp knife to cut into 12 or 16 bars.

8. **Tips for Success: Don't Over-Crush:** If you pulse the pretzels in a food processor until they are crumbs, you lose the "snap." Use your hands or a rolling pin to crush them in a bag for better control.
9. **The "Warm Knife" Trick:** For perfectly clean edges, dip your knife in hot water and wipe it dry between each cut. The heat will glide through the chocolate layer without shattering it.
10. **Room : Temp Serving:** While they need to stay in the fridge to set, let them sit out for about 5-10 minutes before serving so the base softens just slightly.
11. **Serving Suggestions and Pairings:** These bars are quite rich, so they pair perfectly with a cold glass of milk or a hot cup of coffee. If you are setting up a dessert table, they look beautiful alongside these chocolate chip cookie dough brownie bombs.
12. **For a party spread, try pairing them with other "no-bake" favorites like this edible cookie dough for a truly indulgent experience.**
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21. **More Recipes You Will Love:** If you enjoyed the peanut butter and chocolate combo in this recipe, you definitely need to check out:
22. **The : Best Peanut Butter Brownies I've Ever Made**
23. **No-Bake : Peanut Butter Oatmeal Bars**
24. **Final Thoughts:** These Chocolate Peanut Pretzel Bars are proof that you don't need a lot of time or fancy equipment to make a world-class dessert. They satisfy every craving at once and are always the first thing to disappear at my family gatherings.
25. **I'd love to hear how yours turned out! Did you go with dark chocolate or stay classic with milk chocolate? Leave a comment below and don't forget to follow Chefmaniac for more easy, delicious recipes.**

SWAPS & NOTES

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TIPS FOR SUCCESS

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

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