

# Peanut Butter Bars



## BAKER'S TIP

Fiber loves water and your recipes will too. You may notice your recipes will need a little more liquid (water, milk, or fruit juice) when using our flour.

**For breads, rolls, and other yeast-raised baked goods:** Increase liquids  $\frac{1}{4}$  cup (60g) at a time until you reach the desired dough consistency.

**For cookies:** Increase liquids 1 tbs. (15g) at a time until you reach the desired batter or dough consistency.

**For brownies, quick-breads, muffins, pancakes, waffles, pie crusts and more:** Increase liquids 2 tbs. (30g) at a time until you reach the desired batter or dough consistency.

## Base Ingredients

- $\frac{1}{2}$  cup unsalted butter, melted
- 1 cup creamy peanut butter\* at room temperature, see note
- $1\frac{1}{2}$  cups light brown sugar, make sure it is fresh and soft
- 2 large eggs
- 2 teaspoons pure vanilla extract
- $1\frac{1}{2}$  cups Flourish flour
- $1\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt

## Base Instructions

1. Preheat oven to 350°F. Line a 9x13 pan with foil or parchment paper, leaving overhang on at two sides for easy removal. Grease the foil or parchment, set aside.
2. In a large bowl, whisk butter and peanut butter until combined. Add brown sugar, whisking until combined. Add eggs and vanilla, whisk until combined, stopping to scrape the sides of the bowl as needed.
3. In a separate bowl, combine flour, baking powder, and salt. Add flour mixture to the wet ingredients and stir with a rubber spatula until combined. Stir just until no streaks of flour remain, and be careful not to over mix. The batter will be thick.
4. Transfer the batter to the prepared pan and press it into an even layer. Bake for 17-20 minutes, until light golden brown. During bake time, place the butter, peanut butter and milk (for the icing) in a saucepan. Set it aside (uncooked) until the bars comes out of the oven. Once baked, remove the bars from the oven and place the pan on a wire rack. Immediately proceed with the frosting.

## Icing Ingredients

- 6 tablespoons unsalted butter, cut into pieces
- $\frac{1}{2}$  cup creamy peanut butter\*
- $\frac{1}{4}$  cup milk
- $\frac{1}{2}$  teaspoon pure vanilla extract

- 2 cups powdered sugar
- ½ cup roasted salted peanuts, chopped
- Flaky sea salt

## Icing Ingredients

1. Place the saucepan (with butter, peanut butter and milk) over medium heat. Whisking frequently, bring the mixture to a simmer, then remove from the heat.
2. Immediately whisk in vanilla extract and powdered sugar, whisking until smooth and combined.
3. Pour over the warm bars and spread into an even layer. Work quickly; this frosting will firm up fast.
4. Sprinkle with peanuts and flaked sea salt (if using), lightly pressing the peanuts into the frosting.
5. Allow the bars to cool and the frosting to set before cutting and serving.

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We're here to help: [flourish-flour.com](https://flourish-flour.com)