



Peanut Butter Bark

Delicious Keto Desserts don't have to take lots of time! Try this super simple Peanut Butter Bark. Depending on how ambitious you are, you can keep it simple with some Cacao nibs or spruce it up with chocolate drizzle! The only question is...how long will this last in your freezer?!

Here are the Ingredients You'll Need:

- 1/4 C Peanut Butter (or other Nut Butter)
- 1/4 C Butter
- 1 teaspoon Vanilla
- 1 C Sliced Almonds
- 1 Squirt Liquid Stevia
- 1 T Swerve



Recipe:

- Warm up Peanut Butter and Butter in microwave (30 seconds+) or on the stove.
- Add in remaining ingredients and stir!
- Flatten between two pieces of parchment paper.
- Freeze for 30-45 min before eating. We prefer to store in the freezer!

The Keto Dad Tips:

- You can use just one kind of sweetener - Boss Babe likes combining the two...so we do what she says :)
- You can mix in Chocolate Chips (try Lilys!) or even Cacao nibs
- Press the mixture between two pieces of parchment paper to flatten it.

Serves: 10

Macros: Calories: 149, Fat: 13g, Carbs: 4g, Fiber: 2g (Net Carbs 2), Protein: 4g

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