DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Kaylee White				
CATEGORY *Please check one*	☐ Appetizer	☐ Main Dish	☐ Side Dishes	☒ Healthy Desserts
COUNTY Rusk				
AGE DIVISION	☐ Junior	☒ Intermediate	☐ Senior	

Name of Recipe: Peanut Butter Bars		
Prep Time: 30 minutes	**Cook Time:** 5 minutes	**Cost:** $8.11

Type Recipe Here:

Peanut Butter Bars

1 ½ cups crushed graham crackers (about 1 package)
½ cup of honey
1 stick of butter
2 cups peanut butter
½ cup coconut oil
¼ cup honey
1 cup cocoa powder
½ teaspoon vanilla

In a large bowl, combine cracker crumbs with ½ cup honey.
Melt peanut butter in microwave with 1 stick of butter.
Then combine well with the cracker crumbs.
Press mixture firmly into 9x13 pan.
Place in refrigerator to chill while making the chocolate topping.

Melt coconut oil in saucepan over low heat.
Add ¼ cup honey and whisk briefly till dissolved.
Whisk in cocoa powder.
When gloss forms (very quickly) remove from heat and whisk until smooth and glossy.
Stir in vanilla.
Spread over peanut butter mixture.
Cool in refrigerator for about 1 hour and cut.

Yield:16 bars
1 bar =1 serving

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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