

- Prep Time: 15 Minutes
 - Chill Time: 60 Minutes (Minimum)
 - Total Time: 1 Hour 15 Minutes
 - Intensity Level: Low (No baking, no stove-top cooking required if using a microwave)
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Ingredients

To achieve the perfect crunch, we need the right ratio of chocolate to “crisp.” I recommend using a high-quality chocolate bar or chips rather than chocolate candy melts, as the flavor is

superior.

The “Crunch” Component

- 3 cups Crispy Rice Cereal (e.g., Rice Krispies)
- 1 cup Mini Marshmallows (optional, but adds a lovely chewy texture to the crunch)
- 1/2 cup Crushed Pretzels or Toffee Bits (optional, for a sweet-and-salty variation)

The Chocolate Coating

- 2 cups Semi-Sweet Chocolate Chips or Chopped Dark Chocolate (60% cacao is ideal)
- 1 cup Milk Chocolate Chips (for a creamier, sweeter finish)
- 1/4 cup Coconut Oil or Refined Coconut Oil (This is crucial for the “snap” and helps the chocolate set firm at room temperature)
- 1 tsp Pure Vanilla Extract
- 1/4 tsp Sea Salt (plus extra for sprinkling on top)

Equipment Needed

- Large mixing bowl
- Medium microwave-safe bowl (or a double boiler)
- Silicone spatula
- 9×13 inch baking pan
- Parchment paper
- Whisk

Instructions

Phase 1: The Prep (Time: 5 Minutes | Intensity: Low)

1. Prepare the Pan: Line your 9×13 inch baking pan with parchment paper. Leave some overhang on the sides so you can easily lift the block of crunch bars out later. Set aside.

2. The Dry Mix: In your large mixing bowl, combine the 3 cups of crispy rice cereal, 1 cup of mini marshmallows, and 1/2 cup of crushed pretzels/toffee bits (if using). Toss them gently with your hands or a spatula just to distribute the ingredients evenly. Set aside.

Phase 2: The Melt (Time: 5 Minutes | Intensity: Medium)

Note: You can do this in a double boiler on the stove, but the microwave is faster and easier.

1. In your microwave-safe bowl, combine the semi-sweet chocolate, milk chocolate, and coconut oil.
2. Microwave in 30-second increments, stirring vigorously in between each interval. Do not rush this. Chocolate burns quickly. It usually takes about 1.5 to 2 minutes total.
3. Once the chocolate is 90% melted, remove it from the microwave and stir until the residual heat melts the rest. The mixture should be glossy, smooth, and thin enough to coat a spoon.
4. Stir in the vanilla extract and 1/4 tsp sea salt. The salt is vital; it cuts through the sugar and makes the chocolate flavor pop.

Phase 3: The Assembly (Time: 5 Minutes | Intensity: Medium)

1. Pour the melted chocolate mixture over the dry ingredients in the large bowl.
2. Using your spatula, fold the ingredients together gently. You want to coat every single

piece of cereal. Be careful not to crush the cereal too much—you want to keep that airy texture intact.

3. Once fully combined, pour the mixture into your prepared pan.
4. The Press: Using the back of your spatula (sprayed lightly with cooking spray to prevent sticking), press the mixture firmly and evenly into the pan. You want it compact so the bars hold together, but not so hard that you crush the cereal into dust.
5. The Finish: Sprinkle a pinch of flaky sea salt over the top of the bars.

Phase 4: The Chill (Time: 60 Minutes | Intensity: Low)

1. Place the pan in the refrigerator. You need at least 60 minutes for the chocolate to set firm.
2. Pro Tip: If you are in a rush, place the pan in the freezer for 20 minutes. However, do not leave them in the freezer too long, or the chocolate may bloom (develop a white film) and the texture will become too hard.

Phase 5: The Slice (Time: 5 Minutes | Intensity: Low)

1. Once firm, lift the entire block out of the pan using the parchment paper overhang.
2. Place the block on a cutting board.

3. Using a large, sharp knife, slice into bars. For clean cuts, run your knife under hot water, dry it, and then slice. Wipe the blade between cuts.
 4. Serve immediately, or store in an airtight container.
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Nutrition Facts

Disclaimer: Nutrition information is calculated using an ingredient database and should be considered an estimate. Actual values may vary based on specific brands and ingredient substitutions.

Serving Size: 1 Bar (Based on 12 servings)

Calories: 285

Total Fat: 16g

Saturated Fat: 10g

Trans Fat: 0g

Cholesterol: 5mg

Sodium: 85mg

Total Carbohydrates: 38g

Dietary Fiber: 2g

Total Sugars: 24g

Protein: 3g

Vitamins & Minerals: Iron (8% DV), Calcium (4% DV), Potassium (4% DV).