

Prep Time	10 minutes
Cook Time (Melting)	5 minutes
Chilling Time	30-45 minutes
Total Time	50 minutes
Recipe Yield	16 bars
Cooking Intensity	Very Low (Beginner Friendly)

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Intensity Breakdown

- Skill Level: Easy / Novice
- Heat Source: Microwave or Stovetop (Double Boiler)

- Active Effort: Minimal (Mixing & Pouring)

Ingredients

To achieve the best balance of structure, snap, and flavor, use high-quality chocolate chips or chopped chocolate blocks.

- Milk Chocolate Chips or Semi-Sweet Chocolate: 2 cups (approx. 12 oz / 340g)
- Dark Chocolate Chips: $\frac{1}{2}$ cup (approx. 3 oz / 85g) — *adds depth and prevents the bars from being overly sweet*
- Coconut Oil or Creamy Peanut Butter: 1 tablespoon — *helps soften the chocolate slightly for a smoother bite and clean slicing*
- Crisped Rice Cereal: 2 cups (such as Rice Krispies or organic puffed rice)
- Flaky Sea Salt: $\frac{1}{4}$ teaspoon (optional, for topping)

Equipment Needed

- 8×8-inch baking pan
- Parchment paper

- Heat-safe mixing bowl
- Rubber spatula
- Microwave or small saucepan for a double boiler

Step-by-Step Instructions

Step 1: Prep the Pan

Line an 8×8-inch baking pan with parchment paper, leaving an overhang on two sides to act as a sling. This ensures effortless removal once the chocolate sets.

Step 2: Melt the Chocolate

1. Combine the milk chocolate chips, dark chocolate chips, and coconut oil (or peanut butter) in a heat-safe bowl.
2. Microwave Method: Heat in 30-second bursts at 50% power, stirring thoroughly between each interval until completely melted and smooth. *(Avoid overheating to prevent the chocolate from seizing).*
3. Stovetop Method (Double Boiler): Set the bowl over a pot of gently simmering water (ensuring the bottom of the bowl does not touch the water). Stir constantly until fully melted and glossy. Remove from heat.

Step 3: Fold in the Crisped Rice

Allow the melted chocolate to cool for 1 to 2 minutes so it isn't piping hot. Add the 2 cups of crisped rice cereal to the bowl. Using a flexible rubber spatula, gently fold the cereal into the chocolate until every piece of crisp rice is evenly coated.

Step 4: Press and Set

1. Pour the chocolate-cereal mixture into your prepared 8×8-inch pan.
2. Use the spatula to spread the mixture evenly into all four corners. Lightly press the top down to compact the bars so they hold together well when sliced.
3. If desired, sprinkle a subtle pinch of flaky sea salt across the top for a sweet-and-salty contrast.
4. Place the pan in the refrigerator for 30 to 45 minutes (or in the freezer for 15-20 minutes) until the chocolate is completely firm to the touch.

Step 5: Slice and Serve

1. Lift the block out of the pan using the parchment paper handles.
2. Place on a cutting board. Using a sharp chef's knife, slice into 16 equal square bars (or 8 rectangular candy-bar style strips). *Tip: Warm your knife under hot water and wipe it dry before slicing for clean edges.*

Storage & Pro-Tips

- Refrigerator Storage: Store in an airtight container between layers of parchment paper in the fridge for up to 2 weeks.
- Freezer Storage: Wrap individually in parchment or plastic wrap and store in a freezer-safe bag for up to 3 months. Thaw for 5 minutes at room temperature before eating.
- Chocolate Variations: For a darker, richer profile, swap the milk chocolate entirely for 70% dark chocolate. For a fun twist, use white chocolate chips or add a drop of peppermint extract during the melting stage.

Estimated Nutritional Information

Servings: 16 bars | Serving Size: 1 bar (approx. 28g)

Nutrient	Amount Per Serving	% Daily Value*
Calories	145 kcal	—
Total Fat	8.5 g	11%
Saturated Fat	5.2 g	26%
Trans Fat	0 g	—
Cholesterol	4 mg	1%
Sodium	42 mg	2%
Total Carbohydrates	16.5 g	6%
Dietary Fiber	1.1 g	4%
Total Sugars	12.8 g	—
Protein	1.8 g	4%
Calcium	35 mg	3%
Iron	1.1 mg	6%

