

Makes: 16 Servings

INGREDIENTS (Key: T = Tablespoon, t = teaspoon, oz = ounce)

¾ cup creamy natural peanut butter

1/3 cup honey

¼ t salt

½ t vanilla extract

3 cups crispy rice cereal

For chocolate peanut butter topping:

1 cup bittersweet chocolate

1 T creamy natural peanut butter

## DIRECTIONS

Peanut Butter Rice Crispy Base:

1. Line a 8x8 square baking pan with parchment paper. Lightly grease and set aside.
2. In a large microwave safe bowl, melt together honey and peanut butter, stirring until combined (be very careful not to overheat).
3. Remove from heat and stir in salt and vanilla until combined.
4. Add crispy rice cereal to a large clean and dry mixing bowl.
5. Pour peanut butter mixture on top of the cereal and stir until completely combined.
6. Pour mixture into the prepared baking pan. Use a greased spatula to spread it until the top is even and smooth.

Chocolate Peanut Butter Topping:

1. To make topping: melt chocolate and peanut butter together in a small microwave safe bowl. Stir until just combined.
2. Pour the topping over peanut butter rice crispy treat base, using a spatula to spread it evenly and smoothly.
3. Place treats in the fridge for 60 minutes.
4. Remove 5-10 minutes before serving to let them warm up slightly before cutting (otherwise the chocolate will crack). Serve at room temperature.

Note – store the leftovers in an airtight container in the fridge

NUTRITION INFORMATION (for each serving)

Calories: 146

Fat: 9 grams

Total Carbohydrates: 16 grams

Fiber: 2 grams

Sodium: 37 milligrams

Protein: 4 grams

FROM

“Healthy Peanut Butter Rice Crispy Treats.” Joy Food Sunshine. Available at:

<https://joyfoodsunshine.com/healthy-peanut-butter-rice-crispy-treats/>. Accessed May 13, 2019.