



Peanut Butter Rice Krispies

6 servings
30 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 cup Maple Syrup
- 1/2 cup All Natural Peanut Butter
- 2 1/2 cups Rice Puffs Cereal

Nutrition

Amount per serving	
Calories	242
Fat	13g
Carbs	28g
Fiber	1g
Protein	5g

Directions

- 1 Grease a loaf pan with coconut oil or line with parchment paper (use a larger baking dish if serving size is adjusted higher).
- 2 In a medium pot over low-medium heat, whisk together maple syrup and peanut butter until thoroughly combined. Remove from heat and let cool, about 5 minutes.
- 3 Add puffed rice and gently mix with a spatula until evenly coated.
- 4 Transfer to loaf pan and press down firmly. Freeze for 20 minutes or until firm. Slice into bars or squares and enjoy!

Notes

No Peanut Butter: Use any nut or seed butter instead.

No Maple Syrup: Use raw honey instead.

Storage: Freeze in an airtight container