



PEANUT BUTTER PROTEIN BARS

Makes 9 serving | Serving size: 1 square

PREP TIME
25 min

COOK TIME
5 min

TOTAL TIME
30 min

This rice treat has no butter, marshmallows, or gluten! This recipe has only a few, simple ingredients, and they're so easy to make.

Ingredients

- ½ cup honey
- ½ teaspoon vanilla extract
- ½ teaspoon sea salt
- ½ cup unsalted peanut butter (or other nut butter)
- 4 cups crispy rice cereal (gluten-free)



Directions

1. Line a 9x9" pan with wax paper.
2. In a large pot over low heat, mix together honey, vanilla, salt, and nut butter.
3. Remove from heat. Pour in rice cereal. Stir until cereal is covered with the honey mixture.
4. Pour into the prepared pan. Press down until even.
5. Refrigerate for 20 minutes. Cut into 9 squares.