

Crispy Rice Treats

Crispy rice treats, without marshmallows or butter, are a unique twist on the classic snack. These treats combine crispy rice cereal with honey and peanut butter for a chewy and crunchy texture, formed into bars or squares for an easy and delightful snack. Make sure you press hard when you add the mixture to the pan.

Yield: 9 servings

Serving Size:

1 square

Ingredients:

- 4 cups crispy rice cereal
- ½ cup honey
- ½ cup peanut butter (creamy or chunky)
- ½ teaspoon vanilla extract
- ½ teaspoon salt

Instructions:

1. Line a 9×9 baking pan with parchment paper
2. Heat the honey, peanut butter, vanilla and salt in a pot (large enough to hold the cereal) over low heat until it all melts together.
3. Add the rice cereal to the pot with the honey/peanut butter mixture and mix with a spatula until cereal is coated completely.
4. Press mixture into the baking pan using either a rubber spatula or your hand covered with wax or parchment paper. Press **HARD** to compact the ingredients.
5. Let cool and cut into squares.

CHEF TIPS: add some chopped nuts for some crunch, which will also make these treats more nutritious.

Per serving: Calories 191 kcal, Carbohydrates 29g, Protein 4g, Sat Fat 1.5g, Sodium 205mg, Added Sugars 18g

Recipe source: <https://happilyunprocessed.com/crispy-rice-treats-sugar-free-gluten-free-marshmallow-free/>