

# Peanut Butter Rice Krispie Treats

## Ingredients

Preparation time: 20 minutes

Servings: 24

Cost: \$

½ cup brown sugar

½ cup honey or agave nectar

1 cup Jif® Creamy Peanut Butter

3 cups Kellogg's® Rice Krispies® cereal

### Optional Add-Ins:

½ cup plain or flavored whey protein powder

¼ cup chopped nuts

## Directions

1. Put brown sugar, honey, and peanut butter in a large microwave-safe bowl and heat for 1 minute.
2. Stir until the brown sugar is dissolved.
3. Pour cereal (and protein powder if desired) into the bowl and stir until evenly mixed.
4. Use a small scoop to portion the mixture then use hands to compact the mixture into balls.
5. Lay the balls out to cool on a cookie sheet, then store in an airtight container.



### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

### Peanut Butter Rice Krispie Treats

Amount	1 ball
Calories	109
Fat (g)	6
Sat. Fat (g)	1
Carb. (g)	14
Fiber (g)	1
Protein (g)	3

Allergen info: Gluten Free, Vegan

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## Cooking Tip

Substitute another type of nut butter such as almond, cashew, or sunflower seed for the peanut butter if you prefer. Choose a whole grain puffed rice cereal to increase the fiber content of these snacks. Store extra in the freezer for up to 2 months.

## Performance Facts

Including peanuts and other nuts in the diet may help reduce the inflammation caused by strenuous exercise. In addition, peanuts are a good source of monounsaturated fatty acids, which benefit heart health and may reduce risk of cardiovascular disease.