



NO-BAKE PEANUT BUTTER RICE CRISPY TREATS

Dark Chocolate Peanut Butter Love Bites are quick, easy and healthy dessert recipe that can be made ahead of time!

These also make for a great healthy carb snack to have before or after working out.

INGREDIENTS

For the treats:

- 3/4 cup natural creamy peanut butter
- 1/3 cup honey
- 2 tablespoons virgin coconut oil
- 1 teaspoon vanilla extract
- pinch of salt (if your peanut butter isn't already salted)
- 2 1/2-3 cups crispy brown rice cereal (or Rice Krispies)

For the chocolate topping:

- 100 grams of dark chocolate bar, broken up into pieces





NO-BAKE PEANUT BUTTER RICE CRISPY TREATS

DIRECTIONS

- Line an 8x8 inch pan with parchment paper.
- Place a medium pot over low heat and add in peanut butter, coconut oil, honey and vanilla extract. Mix until smooth and well combined, about one minute.
- Add in crispy brown rice cereal; stir until combined and cereal is completely coated. Pour into prepared pan, and flatten the top so it is even.
- Make the chocolate topping by adding chocolate to a microwave-safe bowl. Microwave on high in 30 second intervals, stirring in-between until chocolate is completely melted.
- Pour melted chocolate over the bars and tilt your pan to spread out the chocolate evenly.
- Place pan in the refrigerator for 30 minutes or until bars are completely cool and chocolate is melted. Then cut into 16 bars. Enjoy!

