

GLAM PRO RICE CRISPY TREATS



INGREDIENTS:

- 4 scoops Glam Pro (flavor of choice)
- 4 cups Rice Krispies or Puffed Rice Cereal
- 1/4 cup Honey or Brown Rice Syrup
- 1/4 cup Molasses
- 1/2 cup Natural peanut/almond/sunflower butter (melted)
- 1 tsp Vanilla Extract

DIRECTIONS:

1. Line an 8x8 pan with parchment paper or lightly spray with coconut oil pam.
 2. In a medium bowl, mix together nut/seed butter, honey, molasses, protein powder, and vanilla until it becomes dough-like.
 3. Add in the rice krispies and fold them into the dough until well combined. Be careful not to crush the cereal!
 4. Use a rubber spatula to spread the mix out evenly in the pan.
 5. Freeze for 30+ minutes.
 6. Cut into 8 treats before serving.
- Enjoy!

Makes 8 Servings | Serving Size = 1 Treat
Calories: 194 | Protein: 11 g | Carb: 20 g | Fat: 8 g | Fiber: 2