

## PB & CHOCOLATE CRISPY CEREAL TREATS



### INGREDIENTS:

- 1/2 tbsp peanut butter
- 1/2 tbsp honey  
OR agave
- 1/2 cup crispy rice cereal
- 1/2 tbsp chocolate chips

### DIRECTIONS:

- 1) Microwave peanut butter and honey in a small bowl for about 15 seconds.
- 2) Remove from microwave and add in cereal immediately combining until all has been coated.
- 3) Press the cereal mixture into a small square or rectangular dish. Tip: Lay plastic wrap or parchment paper on top and press to save your sticky fingers!
- 4) Melt the chocolate chips in the microwave and spread on top of the cereal treat OR you may sprinkle them on top just before pressing into the dish. Let cool in fridge until ready to eat.

Enjoy!

Makes 1 Serving

Calories: 200 | Protein: 4 gm | Carbs: 34 gm | Fat: 9 gm