

# Protein Rice Krispy Treats

**Ingredients:**

- ½ cup honey
- ½ cup peanut butter
- 5 cups brown rice crisp cereal
- ¾ cup dark chocolate chips

**Instructions:**

1. Combine honey and peanut butter in a small microwave-safe bowl.
2. Microwave for 10 seconds and stir.
3. In a large bowl, combine peanut butter mixture with rice crisp cereal.
4. In another microwave-safe bowl, microwave ¼ cup chocolate for 10 seconds. Stir and continue microwaving for 10 second increments or until the chocolate is melted, stirring each time.
5. Once melted, mix chocolate with the cereal until evenly combined.
6. Spread mixture into an 8 x 8 baking dish and top with remaining 2 Tablespoons of dark chocolate chips.
7. Place in freezer for 30 minutes, or until the treats hold their shape.

**Variations:**

- To make nut-free, use sun butter in place of peanut butter
- To add more protein and healthy fat, include ¼ cup almonds or your favorite nut to mixture.

**Prep Time:** 15 minutes

**Chilling time:** 30 minutes

**Equipment:**

- Microwave
- 2 small microwave-safe bowls
- 2 metal spoons
- 1 rubber spatula
- 1 large mixing bowl
- 8 x 8 baking pan
- Measuring cups and spoons

**Servings:** 8 squares

**Serving Size:** 1 square



|                         |           |           |                 |                |          |        |
|-------------------------|-----------|-----------|-----------------|----------------|----------|--------|
| <b>Nutrition Facts:</b> | 240       | 9g        | 2.5 g Saturated | 35 g           | 5 g      | 1 g    |
|                         | Calories, | Fat,      | Fat,            | Carbohydrates, | Protein, | Fiber, |
|                         | 19g       | 180 m     |                 |                |          |        |
|                         | Sugar,    | g Sodium. |                 |                |          |        |

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
 For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.