



# PROTEIN RICE CRISPY TREATS

SERVES: 12

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TOTAL TIME: 15 MINUTES

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## INGREDIENTS

75g **rice cereal**  
190g **natural peanut butter**  
2 scoops **Vanilla Whey Protein Powder**  
265g **honey**

### FOR THE GLAZE:

130g **cacao chocolate chips**  
60ml **unsweetened coconut milk**  
3 tbsp **coconut butter**

### MACROS PER PORTION

CALORIES	299	PROTEIN	9
CARBS	32	FATS	15
FIBRE	1		

## INSTRUCTIONS

Make the treats: Add rice cereal to a large mixing bowl and set aside, then in a microwave-safe bowl, place peanut butter with the honey. In 10-second intervals, microwave for 40 seconds, or until the mixture is soft. Finally add the protein powder and mix until smooth.

Pour the peanut butter mixture over the cereal and mix well, using your hands.

Fill each hole of a standard muffin tray with the mixture and pressing into a rough shape and allow to cool.

Make the glaze: Microwave the cacao chips in 15-second intervals, for around 45 seconds or until melted. Then add the coconut butter and coconut milk and mix until smooth.

Use a spoon to drizzle the glaze over the treats, allow to cool and enjoy!