

TASTY RECIPES

Easy and delicious ways to put more healthy protein into your diet every day!

Rice Krispie Treats



INGREDIENTS

- 1 scoop Premier Vanilla Protein Powder
- 4 cups brown rice crisps (or classic Rice Krispies)
- 1/2 cup all-natural peanut butter (or other nut butter), partially melted
- 1/2 cup brown rice syrup
- 1 teaspoon vanilla

DIRECTIONS:

1. Grease a 9-inch by 9-inch pan with coconut oil or line it with parchment paper. Set aside.
2. In a medium bowl, mix together melted peanut butter, brown rice syrup, protein powder and vanilla
3. until it forms a dough consistency.
4. Add brown rice crisps to the peanut butter mixture. Use your hands to gently fold the rice crisps into
5. the mixture. Then, pour mixture into the pan.
6. Using a spatula, spread mixture out evenly and press into pan so the bars are compact.
7. Place into freezer for at least 30 minutes
8. Before serving or storing, use a sharp knife to cut your treats into squares.