



# Sparkle Kitchen

## **Crispy Nut Butter Bars**

### **Ingredients**

3 cups puffed or crisp rice cereal

1/2 cup smooth nut butter

1/4 cup brown rice syrup

1/4 cup honey

1/4 cup chocolate chips

### **Directions**

Combine the nut butter, rice syrup and honey in a pot, and heat until it's very smooth and liquid-y. (It heats fast! Stir and stir to keep from burning.)

Turn off the heat. Add the puffed rice cereal, and mix to combine, until well-mixed. Then toss in the chocolate chips, and mix again, until they are melted throughout.

Press the mixture into an oiled (or buttered) baking dish and refrigerate until cold and firm. Cut into squares, and serve, or store in the fridge in an airtight container.

Variations: add chopped nuts and/or seeds for more protein.

Easy yummy snack for hot days!

**Enjoy!**