



# Sparkle Kitchen

## Millet Crispy Treats

### Ingredients

1/2 cup peanut butter

1/2 cup honey

a pinch of salt

1 teaspoon vanilla extract

3 1/2 cups puffed millet cereal

1/3 cup chopped dried fruit (apricots or cranberries would both be good)  
butter or oil (for greasing the pan)

### Directions

Begin by liberally greasing a baking pan. You'll want to use something close to an 8X8 pan for this recipe, but size isn't absolutely critical. (The pan in these photos, for example, is more like 6X8.)

Then, in a small saucepan, mix together the peanut butter, honey, and salt. Put the pan over medium heat, and stir constantly until the peanut butter just starts to bubble. Remove the pan from the heat, and add the vanilla extract.

In a large bowl, combine the peanut butter mixture with the cereal and dried fruit. Stir until the mixture is well-incorporated, then press the cereal down into the prepared baking pan.

Refrigerate for at least an hour. Then, turn the pan upside down on a cutting board, and give the bottom a good "thwack". The crispy treats should come out as one big square, which you can then cut up and enjoy in smaller bites.