

# Peanut Butter Puff Rice Chocolate Bars

**Servings:** 16 – 20 squares

**Prep time:** 15 minutes

**Chill time:** 30 minutes

## Ingredients:

- 3 cups gluten-free puffed rice cereal
- 1 cup creamy peanut butter
- 1/4 cup honey or maple syrup
- 1/4 cup coconut oil
- 1/4 teaspoon salt (optional)
- 8 ounces semi-sweet chocolate chips (gluten-free)

## Directions:

### *Step 1*

**Combine:** In a large bowl, combine the puffed rice cereal, peanut butter, honey, coconut oil, and salt (if using). Stir until the cereal is evenly coated.

### *Step 2*

**Press into Pan:** Line an 8x8 inch baking pan with parchment paper. Press the cereal mixture firmly into the pan.

### *Step 3*

**Chill:** Refrigerate for at least 30 minutes to set.

### *Step 4*

**Melt Chocolate:** In a microwave-safe bowl, melt the chocolate chips in 30-second intervals, stirring in between, until smooth.

### *Step 5*

**Pour Chocolate:** Pour the melted chocolate evenly over the chilled cereal mixture.

### *Step 6*

**Set:** Refrigerate for at least 30 minutes, or until the chocolate has completely set.

### *Step 7*

**Cut and Serve:** Cut into squares and enjoy.

## *Tips and Variations*

- **Add-ins:** Stir in chopped nuts (like peanuts or almonds), dried fruit, or sprinkles before pressing into the pan.
- **Spice it up:** Add a pinch of red pepper flakes to the peanut butter mixture for a spicy kick.
- **Make it healthier:** Use a sugar-free chocolate and a natural peanut butter with no added sugar.

## *Important Notes*

- **Gluten-Free Cereal:** Use certified gluten-free puffed rice cereal.
- **Chocolate:** Ensure the chocolate chips are gluten-free.