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Peanut Butter Crispy Bar ♦♦

A delicious and crunchy dessert made with peanut butter and crispy rice cereal. Perfect for a sweet treat!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	Peanut Butter
300 g	crispy rice cereal
100 g	Honey
1 tsp	vanilla extract
0.5 tsp	salt

Directions

Step 1

Mixing

In a large mixing bowl, combine peanut butter, honey, vanilla extract, and salt. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Add crispy rice cereal to the peanut butter mixture. Stir until well coated.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cooling

Press the mixture into a greased baking dish. Let it cool and set for 1 hour.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Cut

Cut into bars and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	10 mg	1%	1%
Iron	1 mg	12.5%	5.56%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Events

Christmas Easter New Year Game Day

Course

Snacks

Cultural

Chinese New Year Diwali

Demographics

Senior Friendly Allergy Friendly

Diet

Paleo Diet

The Whole30 Diet

Slow Carb Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

The F-Plan Diet

The Master Cleanse Diet

The Raynaud's Disease Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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