Peanut Butter and Honey Slice

EASY • 1 HOUR 15 MINS

Who would have thought something so tasty could be made with ingredients you've probably already got in the pantry! Rice bubbles, oats, peanut butter and honey come together in this delicious, crunchy slice. A dairy-free, and refined sugar-free snack that will satisfy sweet cravings in an instant.

SKILL LEVEL	PREP TIME	CHILL TIME	SERVINGS
Easy	15 mins	1 hour	20 squares

Ingredients

Slice Base

- 90g (3 cups) Rice Bubbles

Method

1. Line a 25cm x 20cm brownie/lamington baking tin with baking paper.
2. Place Rice Bubbles and rolled oats in a bowl, mix together.

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- 160g (1½ cups) rolled oats
- 250g (1 cup) crunchy peanut butter
- 240g (⅔ cup) Pure Capilano Honey
- 1 tsp vanilla extract

Topping
- 200g dairy free dark chocolate
- ½ tbsp vegetable oil
- Crushed roasted peanuts (optional topping)

Used in this recipe

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

3. In a small saucepan warm peanut butter, honey, and vanilla over low heat. Stir until smooth and combined. (Alternatively place peanut butter, honey, and vanilla in a microwave-safe bowl. Warm in 30-second intervals, stirring each time, until smooth and combined.)

4. Add the peanut honey mixture into the rice bubble mixture. Mix ingredients until well combined.

5. Spoon mixture into the prepared baking tin and using the back of a spoon press it evenly into the tin, smoothing the surface.

6. Carefully melt chocolate in the microwave, and pour over the slice. Ensure there is an even coating across the top.

7. Optional: Sprinkle crushed roasted peanuts over the chocolate!

8. Place slice in the fridge and allow to chill for at least an hour before cutting into squares or bars. Store in the fridge in an airtight container.

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