



# No Bake Wholesome Peanut Rice Puff Bars

EASY • 2-3 HOURS

Remember rice crispy treats? These are a 5 ingredient, wholesome take on the original by [Magdalena Roze](#). Packed with active Manuka Honey, peanuts and a hint of vanilla, they're a wholesome boost for the busy bees in your family!



SKILL LEVEL  
Easy

PREP TIME  
2-3 hours

SERVINGS  
12

## Ingredients

Visit [capilano.com.au](https://capilano.com.au) to learn how to swap honey for sugar in your recipes.

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- ½ cup peanut butter
- ½ cup coconut oil
- 1 tsp vanilla extract
- ⅓ cup [Capilano Manuka Honey](#)
- 2 cups rice puffs

## Used in this recipe



### FLORAL MANUKA HONEY

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

#### 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

1. Line a square baking dish with baking paper.
2. Place peanut butter, coconut oil & vanilla in a small saucepan and melt on low heat until well incorporated. Mix in Capilano Active Manuka Honey until combined.
3. Add rice puffs and stir gently to lightly coat with mixture. Using a spatula, transfer mixture to baking tray and smooth. Freeze tray for 2-3 hours until firm, then cut into bars using a clear sharp knife.
4. Store bars in an airtight container in the fridge for up to 5 days.

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