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	PREP TIME	SERVINGS
Easy	2-3 hours	12

Ingredients

Visit capilanohoney.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 Active Manuka Honey
- 2 cups rice puffs

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.

Used in this recipe

Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MG). The higher the MG, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

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