

Ingredients

24 servings

½ cup brown sugar
 ½ cup honey or agave nectar
 1 cup creamy peanut butter*
 3 cups puffed rice cereal

optional

½ cup plain or flavored whey protein powder

*Substitute another type of nut butter such as almond, sunflower seed for the peanut butter if you prefer.

Directions

- 1) Put brown sugar, honey, and peanut butter in a large microwave-safe bowl and microwave for 1-2 minutes.
- 2) Stir until the brown sugar is dissolved.
- 3) Pour cereal (and protein powder if desired) into the bowl and stir until evenly mixed.
- 4) Use a small scoop to portion the mixture then use hands to compact the mixture into balls.
- 5) Lay the balls out to cool on a cookie sheet, then store in an airtight container.
- 6) Enjoy!!



Peanut Butter Rice Krispie Treats

Amount	1/24 of dish
Calories	109
Fat (g)	6
Sat. Fat (g)	1
Carb. (g)	14
Fiber (g)	1
Protein (g)	3

Dairy free.

For Sport Nutrition Questions, contact:

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Food Fact

Including peanuts and other nuts in the diet may help reduce inflammation caused by strenuous exercise. In addition, peanuts are a good source of monounsaturated fatty acids, which benefit heart health and reduce risk of cardiovascular disease.