



BODYBUILDING.com™

Protein Rice Crispy Treats

Ingredients

For the rice crispy treats:

3 cups brown rice cereal
3/4 cup organic peanut butter
1 Nourish + Bloom Vanilla Spice Whole Food Shake packet (or 2 scoops)
3/4 cup honey

For the glaze:

10 cacao butter chips
1/4 cup unsweetened coconut milk
3 tbsp coconut butter

Instructions for treats

1. Add brown rice cereal to a large mixing bowl and set aside.
2. In a microwave-safe bowl, place peanut butter and honey. In 10-second intervals, microwave for 40 seconds, or until mixture is soft. Add the Whole Food Shake and mix until smooth.
3. Pour peanut butter mixture into the brown rice cereal. Use hands to combine well.
4. Transfer mixture into a muffin tray, filling up eight of the twelve muffin spots to the top, firmly pressing each to shape.
5. Let cool until treats hold their shape.

Instructions for glaze

1. Add cacao butter chips to a microwave-safe bowl. In 15-second intervals, microwave for 45 seconds, or until cacao butter chips have melted. Once melted, add coconut butter and coconut milk, and mix until smooth.
2. Use a spoon to drizzle glaze over rice crispy treats. Add sprinkles on top and enjoy!