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Chocolate Peanut Butter Protein Crisp

(Yields 18 servings)

Ingredients

- 3 cups Nature's Path Crispy Rice
- 1 scoop vanilla whey protein powder
- 1 cup whole oats
- 1/4 cup crushed almonds
- 1/2 cup Xylitol brown sugar
- 3/4 cup smooth unsalted natural peanut butter
- 3 tbsp. dark unsweetened cocoa
- 1/2 cup honey
- 1 tsp. vanilla extract

Directions

1. Pour the crispy rice, protein powder, whole oats, and crushed almonds into a large bowl and shake gently. Avoid stirring to keep the protein powder from settling on the bottom.
2. In a small glass bowl, combine the brown sugar, peanut butter, cocoa, honey, and vanilla extract and microwave at 30-second intervals, stirring until combined.
3. Add the peanut butter mixture to the crispy rice mixture and stir with a rubber spatula until every piece is coated.
4. Spread the mixture evenly into a 9x13 Pyrex dish or use cookie cutter shapes as molds* and fill with the mixture, pressing firmly into place. Place the 9x13 Pyrex dish in the freezer for at least one hour. Allow the crisp to soften a bit before cutting the squares, or simply break off pieces with your hands.
5. Store in the freezer.

*If using cookie cutters, be sure to remove them before putting the crisp in the freezer.

Nutritional Information:

1 serving
Calories: 153
Fat: 7 g
Carbs: 21.5 g
Protein: 5.6 g

Visit <http://videos.bodybuilding.com/watch/101932> for video demonstration.