



Peanut Butter and Cereal Hemp Bars



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



73 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups special k cereal
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup peanut butter – if you use “natural” peanut butter (I used Jif)
- ☐ 0.5 teaspoon vanilla extract

Equipment

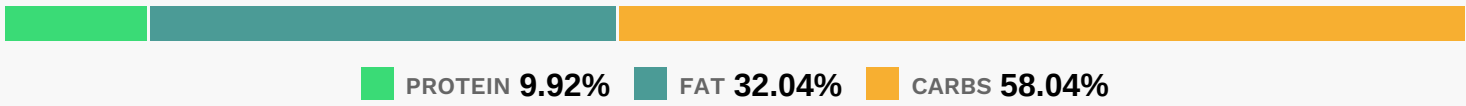
- ☐ frying pan
- ☐ mixing bowl

- ☐ loaf pan
- ☐ aluminum foil
- ☐ microwave
- ☐ cutting board

Directions

- ☐ Some chocolate chips and butterscotch chips, melted together with a tiny bit of butter
- ☐ Line a 9×5 inch loaf pan with Reynolds “Release” foil or use regular foil and spray it with cooking spray.In a mixing bowl, stir together Special K and hemp, breaking up Special K with the back of a spoon so that it is slightly crushed. Stir in salt.In a separate 2 quart, microwave safe mixing bowl, combine brown rice syrup and peanut butter. Microwave for 30 seconds or until soft and hot.
- ☐ Add vanilla, then stir in Special K/Hemp mixture, mixing so that cereal is coated in peanut butter mixture.
- ☐ Scrape into loaf pan and press firmly into a rectangle.
- ☐ Transfer to refrigerator and chill for about half an hour.
- ☐ Remove from pan by lifting foil.
- ☐ Place on a cutting board and cut into bars.
- ☐ Drizzle with melted chocolate or leave as is. Return to refrigerator and let chocolate set. Bars will also firm up a bit more.Makes 6, 8, 12 or 16 depending on what your idea of a bar is.

Nutrition Facts



Properties

Glycemic Index:6.02, Glycemic Load:3, Inflammation Score:-4, Nutrition Score:4.9386956319213%

Nutrients (% of daily need)

Calories: 73.1kcal (3.66%), Fat: 2.9g (4.47%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 10.34g (3.76%), Sugar: 6.05g (6.73%), Cholesterol: 0mg (0%), Sodium: 66.2mg (2.88%), Alcohol: 0.06g (100%), Alcohol %: 0.38% (100%), Protein: 2.02g (4.04%), Manganese: 0.32mg (15.86%), Folate: 49.14µg (12.29%), Iron: 1.96mg (10.89%), Vitamin B3: 1.82mg (9.09%), Vitamin B6: 0.14mg (6.85%), Vitamin B1: 0.09mg

(6.32%), Vitamin B2: 0.1mg (6.11%), Magnesium: 24.32mg (6.08%), Fiber: 1.49g (5.95%), Vitamin B12: 0.33µg (5.56%), Selenium: 3.72µg (5.31%), Phosphorus: 47.95mg (4.79%), Vitamin E: 0.54mg (3.6%), Vitamin A: 166.67IU (3.33%), Zinc: 0.47mg (3.12%), Copper: 0.06mg (2.81%), Potassium: 65.78mg (1.88%), Vitamin D: 0.22µg (1.47%), Vitamin B5: 0.11mg (1.15%), Calcium: 10.34mg (1.03%)