

BREAKFAST

Peanut Butter Cereal Bars

13 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	16	\$0.23	161 kcal



Peanut Butter Cereal Bars is a dairy free recipe with 16 servings. For 23 cents per serving, this recipe covers 15% of your daily requirements of vitamins and minerals. One serving contains 187 calories, 3g of protein, and 6g of fat. It is brought to you by Allrecipes.

Ingredients

- ☐ ½ cup packed brown sugar
- ☐ ½ cup dark corn syrup
- ☐ ½ cup semisweet chocolate chips
- ☐ ½ cup JIF® Creamy Peanut Butter
- ☐ 3 cups whole wheat flakes

EQUIPMENT Sauce pan, Baking pan, Aluminum foil

Method

- 1

Line an 8 x 8-inch baking pan with foil. Spray with no-stick spray. In large saucepan, combine brown sugar, corn syrup and peanut butter.

- 2 Bring to boiling, stirring constantly. Cook and stir until brown sugar is dissolved and mixture is well blended.
- 3 Remove from heat. Stir in wheat flakes and chocolate chips.
- 4 Spread into prepared baking pan; chill until firm.
- 5 Cut into bars.

Nutrition per serving

161	3 g	6 g	26 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.1 g · 13% of daily needs
Fibre			2.1 g · 8% of daily needs
Sugar			19.2 g · 21% of daily needs
Sodium			105 mg · 5% of daily needs
Cholesterol			0.3 mg · 0% of daily needs
Vitamin C			14.8 mg · 18% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/peanut-butter-cereal-bars-142354