



Peanut Butter Rice Krispie Treats

 Dairy Free

READY IN



90 min.

SERVINGS



15

CALORIES



203 kcal

Ingredients

- ☐ 3 tablespoons coconut oil plus more for greasing
- ☐ 0.8 cup creamy peanut butter
- ☐ 1 bag marshmallows
- ☐ 6 cups rice krispies gluten free with brown rice

Equipment

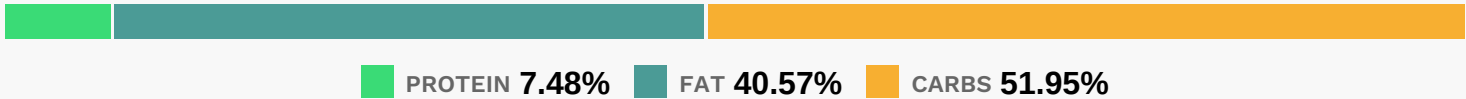
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ wax paper

☐ spatula

Directions

- ☐ Lightly grease a 9-by-13-inch baking pan with coconut oil. In a large pot, melt the 3 tablespoons of coconut oil.
- ☐ Add the marshmallows and cook thoroughly over low heat, stirring constantly, until they are melted, about 5 minutes.
- ☐ Add the creamy peanut butter and stir until incorporated.
- ☐ Remove the pot from the heat and immediately add the Rice Krispies. Using a wooden spoon or firm spatula, stir to coat them completely. Scrape the mixture into the prepared baking pan and, using a sheet of wax paper, press evenly on the mixture to compact it.
- ☐ Let the Rice Krispie treats cool completely, then cut them into squares and serve.

Nutrition Facts



Properties

Glycemic Index:6.43, Glycemic Load:9.59, Inflammation Score:-7, Nutrition Score:9.4878259555477%

Nutrients (% of daily need)

Calories: 203.01kcal (10.15%), Fat: 9.63g (14.82%), Saturated Fat: 3.67g (22.97%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 27.08g (9.85%), Sugar: 13.33g (14.81%), Cholesterol: 0mg (0%), Sodium: 129.46mg (5.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin E: 4.16mg (27.72%), Iron: 3.67mg (20.4%), Folate: 79.6µg (19.9%), Vitamin B3: 3.75mg (18.73%), Manganese: 0.34mg (16.81%), Vitamin B6: 0.32mg (16.05%), Vitamin A: 745.02IU (14.9%), Vitamin B1: 0.22mg (14.42%), Vitamin B12: 0.81µg (13.5%), Vitamin B2: 0.17mg (9.96%), Vitamin C: 7.09mg (8.59%), Magnesium: 25.2mg (6.3%), Phosphorus: 59.24mg (5.92%), Copper: 0.09mg (4.67%), Vitamin D: 0.69µg (4.63%), Selenium: 3.04µg (4.35%), Zinc: 0.49mg (3.28%), Fiber: 0.68g (2.73%), Potassium: 87.7mg (2.51%), Vitamin B5: 0.21mg (2.05%)