

Appetizer

Peanut Butter Cereal Treats

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Preparation Time: 10 minutes

Start to Finish Time: 1 hour 15 minutes

Refrigeration Time: 1 hour

Cereal treats may be stored at room temperature for up to two days.

1 box (10 to 11.5 oz) crispy brown rice cereal (7 cups; similar to Erehon)

2/3 cup natural creamy reduced-fat peanut butter

2/3 cup honey

2 teaspoons pure vanilla extract

1/2 cup vanilla frosting (for decorating)

Line a 15x10-inch jelly-roll baking pan with nonstick foil, leaving an overhang on two sides. Place the cereal in a large bowl.

In a small saucepan, combine the peanut butter and honey; simmer, stirring constantly, for one minute; stir in the vanilla. Immediately transfer to the bowl of cereal and mix well to combine.

Lightly coat a spatula with cooking spray and press the cereal mixture into the prepared pan. Refrigerate until firm, 1 hour.

Holding foil by the ends, lift and transfer the cereal square to a cutting board. If desired, cut out shapes using a 3-inch football-shaped cutter. Place the icing in a pastry bag fitted with a small round decorating tip and decorate like a football. Alternatively, cut into bars.

Yield: 32 bars

Per Serving (excluding unknown items): 680 Calories; 0g Fat (0.0% calories from fat); 1g Protein; 184g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 12 1/2 Other Carbohydrates.