

Treasure Barrel

Easy Peanut Butter Cheerio Bars – 3-Ingredient Treat

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup creamy peanut butter
- [ ] 1/3 cup honey
- [ ] 2 1/2 cups Cheerio-style cereal

Instructions

1. In a medium bowl, gently warm the honey for about 30 seconds, just until it’s runny.
2. Add the peanut butter to the honey and stir until smooth; you’ll smell a faint roasted note.
3. Fold in the Cheerio cereal gently, keeping the pieces whole for that satisfying crunch.
4. Press the mixture into a parchment-lined 8×8 inch pan, smooth the top with a spatula.
5. Refrigerate for at least 10 minutes, then cut into bars and enjoy.

Nutrition per serving

210 kcal	6 g	18 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too dry, add a drizzle of extra honey.
- For an extra flavor boost, drizzle melted dark chocolate over the set bars.
- These bars can be frozen for up to a month; let them thaw before serving.