



Long Livo

Peanut Butter Cheerio Bars – Easy 3-Ingredient Snack

5 min

Prep time

Easy

Difficulty

5 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Main Ingredients

☐ 1 cup natural peanut butter

☐ 1/2 cup honey

☐ 3 cups Cheerios cereal

Instructions

- 1 In a small saucepan over low heat, combine the peanut butter and honey; stir gently until the mixture is smooth and fragrant.
- 2 Remove from heat and let cool for about a minute, then pour the warm mixture over the Cheerios in a large mixing bowl.
- 3 Using a spatula, fold the Cheerios into the wet mixture until every piece is lightly coated; be careful not to over-mix.
- 4 Press the mixture firmly into a parchment-lined 8×8-inch pan, smoothing the top with the back of a spoon.
- 5 Refrigerate for at least 30 minutes, then lift the block out of the pan, cut into bars, and serve.

Nutrition per serving

120 kcal

Calories

4 g

Protein

12 g

Carbs

7 g

Fat

Tips & notes

- If the mixture feels too sticky, let it cool a bit longer before pressing.
- For a softer bar, reduce the chilling time to 15 minutes.
- Experiment with a dash of cinnamon for warm spice notes.