

crunchy cereal bars

2 cups shredded
wheat cereal
1 cup crisp
rice cereal
¼ cup finely
chopped raisins
or raisins
(optional)
½ cup peanut
butter
2 tablespoons
butter
¼ cup honey or
maple syrup

1. Crush the wheat cereal into small pieces. Slightly crush the rice cereal. Combine the wheat cereal, rice cereal and raisins together in a large bowl.
2. Melt the butter, honey or maple syrup and peanut butter together in a small pan over medium-low heat. Heat until the mixture is warm and smooth when stirred.
3. Combine the peanut butter mixture and cereal mixture together until well coated.
4. Line the bottom of a 9 inch square baking dish with parchment paper. Press the mixture into the dish with the back of a spatula.
5. Place in the refrigerator for at least 1 hour. Cut into 8 servings.



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