

Zucchini Bread Recipes

Peanut Butter Cheerio Bars

10 min Prep time	**5 min** Cook time	**15 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

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

Optional Enhancements

- [ ] Pinch of sea salt
- [ ] 1/2 tsp vanilla extract
- [ ] 1/4 tsp ground cinnamon

Instructions

1. Line a 8×8-inch pan with parchment paper; set aside.



2. In a small saucepan over low heat, combine peanut butter and honey. Stir gently until smooth and fragrant.



3. Remove from heat, stir in salt, vanilla, and cinnamon if using, then fold in the Cheerio cereal until just coated.



4. Press the mixture firmly into the prepared pan, smoothing the top with a spatula. Chill for at least 30 minutes, then cut into bars.



Nutrition per serving

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

Tips & notes

- For extra crunch, toast the Cheerios lightly before mixing.
- If the mixture feels too sticky, add a splash of melted coconut oil.
- Feel free to drizzle melted chocolate over the bars once set for a richer finish.