



PB Protein Krispymallow Treats



1/6 of recipe: 193 calories, 2.5g total fat (0.5g sat. fat), 192mg sodium, 35g carbs, 0.5g fiber, 16g sugars, 8g protein

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Prep: 10 minutes **Cook:** 5 minutes

Cool: 20 minutes



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Ingredients

- 1/2 cup vanilla whey protein powder
- 1/4 cup [powdered peanut butter](#)
- 1 dash salt
- 2 tbsp. light butter
- 3 cups mini marshmallows
- 1/2 tsp. vanilla extract
- 3 1/2 cups [Rice Krispies](#) cereal

Directions

Spray an 8" X 8" baking pan with nonstick spray.

In a medium bowl, combine protein powder, powdered peanut butter, and salt. Mix well.

Place butter in a large nonstick pot, and set heat to medium low. Once melted, add marshmallows. Cook and stir until marshmallows have melted, about 3 minutes. Add vanilla extract, and mix thoroughly.

Remove pot from heat. Stirring quickly, gradually add protein powder mixture. Stir until mixture is smooth and uniform.

Add cereal. Stir until well mixed and coated.

Transfer mixture to the baking pan. Press it into the pan, using a spatula sprayed with nonstick spray (or your lightly sprayed hands).

Let cool until set, about 25 minutes.

MAKES 6 SERVINGS

HG FYI: We tested this recipe with whey protein powder, but feel free to experiment with your protein powder of choice.

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