



Peanut Butter Chocolate Rice Brown Crispy Treats

Ingredients

- 1 cup creamy peanut butter (preferably sugar and salt free) or your nut/seed butter of choice
- 1/3 cup pure maple syrup
- Pinch of salt
- 2 cups brown rice crisp cereal (mine is from [The Real Cereal Company](#) : use code FOT20 for 20% off!)
- 1/8 cup chia seeds (I use milled chia from [Tiny Sprouts](#) : use code MICHELLE10 for 10% off)
- 1/4 cup mini semi-sweet or dark chocolate chips

Instructions

1. Line a 8x8 baking pan with parchment paper and set aside
2. Add peanut butter, maple syrup and salt to a small saucepan over medium-low heat. Whisk until combined and smooth (2-3 min)
3. Turn off heat and add brown rice cereal and chia seeds. Mix with a spoon to combine
4. Then stir in chocolate chips (TIP: I place the chocolate chips in the freezer prior to making the treats so they don't melt as much)
5. Pour into baking pan, spreading evenly and pressing down to make firm
6. Place in the refrigerator for at least 30 minutes
7. Slice as desired and serve
8. Store in the refrigerator in an air-tight container for up to a week