



# No Bake Wholesome Peanut Rice Puff Bars

EASY • 2-3 HOURS

Remember rice crispy treats? These are a 5 ingredient, wholesome take on the original by [Magdalena Roze](#). Packed with active Manuka Honey, peanuts and a hint of vanilla, they're a wholesome boost for the busy bees in your family!



SKILL LEVEL  
Easy

PREP TIME  
2-3 hours

SERVINGS  
12

## Ingredients

Visit [capilano.com.au](https://capilano.com.au) to learn how to swap honey for sugar in your recipes.

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- ½ cup peanut butter
- ½ cup coconut oil
- 1 tsp vanilla extract
- ⅓ cup **Capilano Manuka Honey**
- 2 cups rice puffs

## Used in this recipe



### AUSTRALIAN MANUKA HONEY Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO). The higher the MGO, the more potent the honey.

#### Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's Australian Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

## Method

1. Line a square baking dish with baking paper.
2. Place peanut butter, coconut oil & vanilla in a small saucepan and melt on low heat until well incorporated. Mix in Capilano Active Manuka Honey until combined.
3. Add rice puffs and stir gently to lightly coat with mixture. Using a spatula, transfer mixture to baking tray and smooth. Freeze tray for 2-3 hours until firm, then cut into bars using a clear sharp knife.
4. Store bars in an airtight container in the fridge for up to 5 days.

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