

Choco Fever Dream

Peanut Butter Cheerio Bars – Easy 3-Ingredient Snack

5 min Prep time	**5 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

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

Instructions

1. In a small saucepan over low heat, combine the peanut butter and honey; stir gently until the mixture is smooth and fragrant.
2. Remove from heat and let cool for about a minute, then pour the warm mixture over the Cheerios in a large mixing bowl.
3. Using a spatula, fold the Cheerios into the wet mixture until every piece is lightly coated; be careful not to over-mix.
4. Press the mixture firmly into a parchment-lined 8×8-inch pan, smoothing the top with the back of a spoon.
5. Refrigerate for at least 30 minutes, then lift the block out of the pan, cut into bars, and serve.

Nutrition per serving

120 kcal	4 g	12 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too sticky, let it cool a bit longer before pressing.
- For a softer bar, reduce the chilling time to 15 minutes.
- Experiment with a dash of cinnamon for warm spice notes.