

CUT 

Krispy Peanut Butter and Chocolate Treats



Where service *and savings* matter.

SERVINGS: 15 servings (1 serving = 1 piece)

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 150, calories from fat 90, total fat 10g, saturated fat 3g, trans fat 0g, cholesterol 0mg, sodium 60mg, total carbohydrate 14g, dietary fiber 2g, sugars 6g, protein 4g, vitamin A 0%, vitamin C 0%, calcium 2%, iron 4%

- Cooking Spray
- ¾ cup (4½ oz) semi-sweet chocolate chips
- ¾ cup (7½ oz) Food Club Peanut Butter
- 3 Tbsp (¾ oz) ground flaxseed or wheat germ
- 4 cups (4 oz) Jumbo Multi-Grain Krispies cereal

*Cooking spray not included in the nutritional analysis.

DIRECTIONS:

1. Coat a 13 x 9-inch baking pan with cooking spray, and set aside.
2. Heat chocolate chips and peanut butter in a large saucepan over low heat, stirring frequently, until chips melt. Remove from heat, and stir in ground flaxseed.
3. Add cereal, and stir until coated evenly with peanut butter mixture. Place in prepared pan. Flatten gently with the back of a spoon or spatula. Cover and place in refrigerator until firm, about 2 hours.
4. Cut into 15 pieces and serve.

Source: MealMakeoverMoms.com

visit unitedtexas.com for more recipe ideas

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Shopping List

**WHOLE GRAINS/
BREADS/PASTA:**

- ground flaxseed, or wheat germ
- Jumbo Multi-Grain Krispies cereal

**GROCERY/FROZEN/
MISCELLANEOUS:**

- cooking spray
- semi-sweet chocolate chips
- Food Club Peanut Butter