



village health clinic  
naturopathic medicine & midwifery care

## Chocolate Peanut Butter Squares

### Ingredients:

2 cups	semi-sweet chocolate chips, non-dairy
3 cups	miniature marshmallows
2/3 cup	smooth peanut butter or cashew butter
1/2 tsp	vanilla (optional)
6 cups	RICE KRISPIES* cereal

### Method:

In large saucepan over very low heat, stir chocolate chips and peanut butter until melted and smooth. (or microwave at HIGH 3 minutes in large microwaveable bowl, stirring twice). Remove from heat. Stir in marshmallows & vanilla. Add cereal, mixing until well-coated. Press evenly and firmly into buttered 13 x 9" pan. Chill until firm, about 45 minutes. Cut into bars.

Variation 1 "Frosted": Spread 250 ml (1 cup) melted semi-sweet chocolate chips over cereal mixture.

Variation 2 "Crunchy": Add 125 ml (1/2 cup) chopped peanuts with cereal.