

## Healthier Than A Mars Bar But Not As Healthy As An Apple Rice Krispie and Peanut Butter Bites

### Ingredients:

- 30g butter
- 3 tbsp/75g honey
- 120g peanut butter
- 65g rice krispies (55g if adding the optional chopped goodies)
- 50g porridge oats
- 30g (approx.) chopped dried fruit (apricots, dates, raisins, cherries) and nuts (almonds, hazel nuts, brazil nuts) (optional)
- 100g dark chocolate (optional)

### Method:

1. Slowly melt the honey and butter in a large saucepan. Take off the heat.
2. Add the peanut butter and melt into the mixture.
3. Add the rice krispies, porridge oats and chopped dried fruit/nuts.
4. Mix.
5. Line a tin with grease proof paper and pack the rice krispie mixture in. Press down hard so the mixture is compacted.
6. Chill in the fridge for a minimum of 30 minutes. It may take up to 4 hours to chill.
7. Remove the rice krispie mixture from the fridge and slice into portions. (15 is a good number.)

### For the Chocolate Base

You may want to put chocolate on the base. It acts like a glue as sometimes the Bites can be a little crumbly.

1. Just before you remove the mixture from the fridge, break up the chocolate into small pieces and put it in a heat proof bowl. Place the bowl over a small amount of water in a pan.
2. Gently heat the chocolate without boiling the water. Stir gently just a couple of times.
3. Dip the bottom of each portion in the melted chocolate and place on some clean grease proof paper. Drizzle any remaining chocolate over the top and place back in the fridge to set.