

Helergon Kitchen

Easy Peanut Butter Cheerio Bars

10 min Prep time	**5 min** Cook time	**15 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup natural peanut butter
- [ ] 1/2 cup honey
- [ ] 3 cups Cheerios (or gluten-free oat puffs)

Optional Add-ins

- [ ] 1/4 tsp sea salt
- [ ] 1 tsp lemon zest
- [ ] Chocolate chips, dried fruit, or nuts

Instructions

1. In a saucepan over low heat, combine the peanut butter and honey; stir gently until smooth and fragrant.
2. Remove from heat and pour the mixture over the bowl of Cheerios; fold quickly to coat, preserving the cereal’s crunch.
3. Press the mixture firmly into an 8×8-inch pan lined with parchment; sprinkle sea salt or optional add-ins on top.
4. Let the bars cool at room temperature, then slice into squares. protein bar lovers enjoy this as a quick alternative.

Nutrition per serving

210 kcal	6 g	22 g	12 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If the mixture feels too sticky, let it cool a minute longer before pressing.
> - A light drizzle of melted chocolate after slicing adds visual appeal.
> - Store bars in a cool, dry place to keep the crunch intact.