

# Healthy Snack of the Day: PB Cheerio Bars

## Ingredients:

- ★ 1/2 Cup Honey
- ★ 3/4 Cup Peanut Butter (or nut butter of choice)
- ★ 3 cups Cheerios
- ★ Non stick spray, 8X8 dish



## Steps

1. Gather all ingredients
2. Heat peanut butter and honey in a pot until melted and smooth
3. Remove from heat and add cheerios, mix well!
4. Spray an 8x8 dish with non-stick spray (or line with parchment paper)
5. Add the mixture & press into place.
6. Let cool in the fridge for 1 hour.
7. Cut and ENJOY!