

# Crunch Butter Bites

Serves: 6-8

## INGREDIENTS:

- 3/4 cup nut butter
- 1/3 cup pure maple syrup
- 2 tbsp coconut oil
- 1 tsp vanilla
- Pinch of salt
- Vegan Protein or collagen powder \*optional\*
- 2 1/2 cups gf cereal
- Dark chocolate for on top / drizzle



Serving size: 1 bite

## INSTRUCTIONS:

1. To a little sauce pan on the stove, add the nut butter, maple syrup, coconut oil and vanilla. Mix until super melty and smooth! Set aside
2. In a big bowl, crumble up the corn flakes with your hands until broken into small pieces.
3. Stir in the protein powder and a pinch of salt.
4. Drizzle in the nut butter mixture and stir around until the cereal is coated. The mix should be a little soup-y looking, that's ok!
5. Use a spoon to dollop the mixture onto a sheet pan. Press in a few chocolate chips if you chose.
6. Pop into the freezer until hard. Store in the freezer in a covered container.