



INVICTUS
SPORTS PERFORMANCE & FITNESS



RICE KRISPIES TREATS

290 Calories | 13g Protein | 48g Carbs | 7g Fat | 6 Servings

INGREDIENTS

- 3 Tbsp light butter
- 1/3 cup milk
- 5 cups mini marshmallows
- 3 scoops vanilla protein
- 4 cups Rice Krispies

DIRECTIONS

1. Melt butter in a medium size pot.
2. Add milk and gently mix.
3. Add mini marshmallows and mix until melted and smooth.
4. Add vanilla protein and mix until smooth.
5. Add Rice Krispies and mix until integrated.
6. Spray a 8x13 pan with cooking spray. Put Rice Krispy mix into the pan.
7. Press down with wax paper until even in the pan.
8. Cut into squares.