



Rice Krispies Treats

Macros: 290 Calories; 13g Protein; 48g Carbs; 7g Fat

Ingredients

1. 3 Tbsp light butter
2. 1/3 cup milk
3. 5 cups mini marshmallows
4. 3 scoops vanilla protein
5. 4 cups Rice Krispies

Directions

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