



# Peanut Chews

**Want to get your peanut chew fix without going off your plan?  
Try this healthy version, loaded with fiber and completely delicious.**

## **Ingredients:**

- 2.5 cups Fiber One, coarsely crushed
- ¼ cup peanut butter powder
- 1/2 cup brown sugar substitute
- ¼ cup honey
- 1/2 cup natural peanut butter
- ¼ cup sugar-free chocolate chips

## **Instructions:**

1. Place crushed cereal and peanut butter powder in a large bowl. Set aside.
2. In a small saucepan, stir together brown sugar substitute and honey over medium heat until combined well and dissolved.
3. Add peanut butter and stir until melted and smooth.
4. Pour over cereal mixture and stir to combine.
5. Press evenly into an 8" X 8" pan and allow to cool.
6. Drizzle with melted chocolate if desired.

**Makes 10-12 servings. Count each serving as a snack.**

