

# Homemade Muddy Buddies



COURSE  
Snack



SERVINGS  
7 serving

CALORIES  
289 kcal

## INGREDIENTS

- 7 oz Kibo Veggie Crunch sea salt flavor
- ½ c semi-sweet chocolate chips
- ¼ c unsalted peanut butter
- ¼ c PB2 reconstituted with plant milk
- 1 tsp. vanilla extract
- ½ c of powdered sugar

## INSTRUCTIONS

1. Place all the Kibo Veggie Crunch Chips in a medium bowl. Set aside.
2. In a medium bowl, place the chocolate, peanut butter, PB2, and vanilla extract. Microwave the chocolate mixture on high for 30 seconds. Stir ingredients until well mixed.
3. Place the bowl back in the microwave for 20 more seconds. Stir until mixture is smooth and everything is melted.
4. Pour chocolate mixture over Kibo snacks. Take your hands and mix the cereal with the chocolate, making sure to coat all of the cereal. The chocolate will start to harden.
5. Dump the powdered sugar in the bowl and continuing mixing with your hands.
6. Spread the mix onto a baking sheet lined with wax paper and let it cool to room temperature (about 2 hours).

7. Store in an air tight container or a gallon sized zip lock bag and place in the fridge.

## NUTRITION

### Nutrition Facts

Homemade Muddy Buddies

**Amount Per Serving (1 serving)**

**Calories** 289      **Calories from Fat** 126

**% Daily Value\***

**Fat** 14g      **22%**

**Carbohydrates** 31g      **10%**

**Protein** 11g      **22%**

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

**Tried this recipe?**

Let us know how it was!