

# Rice crispy treats

With just five main ingredients and a sprinkle of salt, these no-bake rice crispy treats are a great way to jazz up your standard rice brekkie cereal.

- Makes 16
- Cooktime 10 mins 10 minutes
- Prep time 15 mins

## Ingredients

- 150g rice bubbles
- 175g unsalted butter
- 3/4 cup (165g) caster sugar
- 1/4 cup honey
- 1 tsp vanilla extract
- Pinch salt

## Nutritional information

Per serve: Energy: 726kJ/174 Cals (8%), Protein: 1g (2%), Fat: 9g (13%), Sat Fat: 6g (25%), Sodium: 51mg (3%), Carb: 23g (7%), Sugar: 16g (18%), Dietary Fibre: 0.2g (1%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## Method

### 1. Step 1

Grease and line the base and sides of a 20cm (base measurement) square cake pan, with baking paper, allowing 2 sides to overhang.

### 2. Step 2

Put the rice bubbles in a large bowl. Place the butter, sugar and honey in a heavy-based saucepan over medium heat. Cook, stirring with a wooden spoon, for 5 mins or until butter melts and mixture is well combined. Simmer for 3 mins or until mixture turns a light caramel colour and starts to thicken. Remove from the heat and stir in vanilla and salt.

### 3. Step 3

Pour the hot honey mixture over the rice bubbles and stir until well combined. Transfer mixture to lined pan, spreading evenly and pressing down with a greased spatula or the base of a glass.

**4. Step 4**

Place in the fridge for 45 mins or until firm.

**5. Step 5**

Remove from the pan and cut into squares.