

## Poor Man's Treats: A Simple and Sweet 3-Ingredient Dessert

6 cups corn flakes (or a similar crispy cereal)



**TIME**  
**30 min**

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### INGREDIENTS

- 6 cups corn flakes (or a similar crispy cereal)
- 1 cup creamy peanut butter
- 1 cup honey

### DIRECTIONS

- 1.** Prep: Line a 9x13-inch baking pan with parchment paper or wax paper, leaving some overhang on the sides for easy removal.
- 2.** Melt and Mix: In a large, microwave-safe bowl, combine the peanut butter and honey. Microwave for 30-45 seconds, or until the mixture is warm and easy to stir. Stir until it's smooth and well combined. You can also do this on the stovetop in a saucepan over low heat.
- 3.** Combine with Cereal: Add the corn flakes to the bowl with the peanut butter and honey mixture. Gently fold everything together until the cereal is completely coated.
- 4.** Press into Pan: Pour the mixture into the prepared baking pan. Using a spatula or the back of a spoon, press the mixture down into an even layer.
- 5.** Cool: Let the treats cool at room temperature for about 1-2 hours, or place them in the refrigerator for about 30 minutes to speed up the process.
- 6.** Slice and Serve: Once the treats are firm, use the parchment paper overhang to lift them out of the pan. Slice them into squares and serve.

### SWAPS & NOTES

**Cereal:** Corn flakes are the traditional choice, but you can use other crispy cereals like Rice Krispies, Cheerios, or even a mix of cereals.

**Peanut Butter:** Creamy peanut butter works best for a smooth texture, but crunchy peanut butter would add a nice textural

element.

You can also use almond butter or sun butter for a different flavor or for allergy-friendly options.

Honey: Honey gives these treats their distinct flavor and binds everything together.

## TIPS FOR SUCCESS

Don't Overcook the Honey and Peanut Butter: Just warm it enough to make it easy to stir.

Overheating can cause the mixture to become too hard once it cools.

Gently Fold: Be gentle when mixing the cereal into the peanut butter mixture to prevent the corn flakes from breaking up too much.

You want to keep that wonderful crunch.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/poor-mans-treats-a-simple-and-sweet-3-ingredient-dessert/>